

How to Keep a Schedule During COVID-19

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This is a very stressful time for everyone and no one really knows what's going to happen. This pandemic is uncharted territory and there's no way to know how everything is going to work out and when all of this is going to end. Although life is chaotic right now and it can be difficult to deal with everything, it's important to try to stay as organized as possible. During a time when nothing is certain, a clear schedule to help you stay on track can be really beneficial. Here are some tips and tricks that I use to

stay organized.

1. Don't do all your schoolwork on Sunday at 10 o'clock

By now we all know that we'll have to do school from home and all of the work for the week is due on Sunday at 11:59 pm. Most teachers are setting a schedule that lays out what to do and which day you should do it. While you don't necessarily have to do everything on the day that the schedule says, you should at least work on some stuff each day so it doesn't all pile up.

2. Take your time

The whole online school thing can be overwhelming but it's important to remember that working from home gives you the luxury of time. At school, everything is dictated by a bell. You're constantly checking the time to make sure you have enough time to get everything packed up so you can get to your next class. On top of all this, for at least half the day everyone's pretty out of it because we have to get up so early to even get to school. Fortunately, with online school, you can sleep in as long as you want and you can spend as much or as little time on a class as you need. There are no annoying bells at home!

3. Take breaks as necessary

One benefit of having time is you don't have to sit down for however many hours and just work. You can take breaks if you need to. If you've been working for a while and need to take a break, you can get up and walk around or just take a little bit to relax.

4. Go outside or open a window

It's important to practice social distancing but you can still go outside, just stay at least six feet away from people that you don't live with. Just getting a breath of fresh air can be really beneficial if you're feeling overwhelmed. You could schedule a time to go

outside for a few minutes or go for a little walk. You could even do some school work sitting outside! It finally feels like spring so take advantage of being able to relax for a little!

5. Take it, one class, at a time

I know that for me personally, looking at all of my school work for the week, or even for the day, all at once can make me immediately feel super stressed. To avoid feeling overwhelmed by the workload, just look at what you have to do for one class for that day. Just looking at one class and one day gives you a manageable task that you can complete.

6. Follow your actual school schedule

When we can go to school, our days are all structured and it's almost always the same order of classes. If you follow this schedule from home and do your work for bell one, then bell two, then bell three, etc. you can keep some of that structure and feel more like you're actually in school.

7. Try to go to the video call meetings

If a teacher is doing a meeting, they're doing it to help you. Everyone is just trying to figure out how best to handle the situation that we're in so chances are if there's a meeting for a class the teacher will be trying to help. Even if you understand the material, the meetings can still be really beneficial and can help clear up anything about distance learning that doesn't make sense.

Once again, the world is in a really stressful place right now and it can be really hard to stay calm and organized. Having at least a little bit of a schedule can really be a great way to try to stay a little bit more under control. The status of the world is pretty much entirely out of our control, but you can at least control your schedule. That being said, you can also control your contribution to stopping the spread. Please stay home and practice social distancing. Don't go out with friends, obviously if you need to go to the store for supplies that's okay, but don't go out for fun. One person is all it takes to continue the spread and you do not want to be responsible for that. Stay safe and wash your hands.