

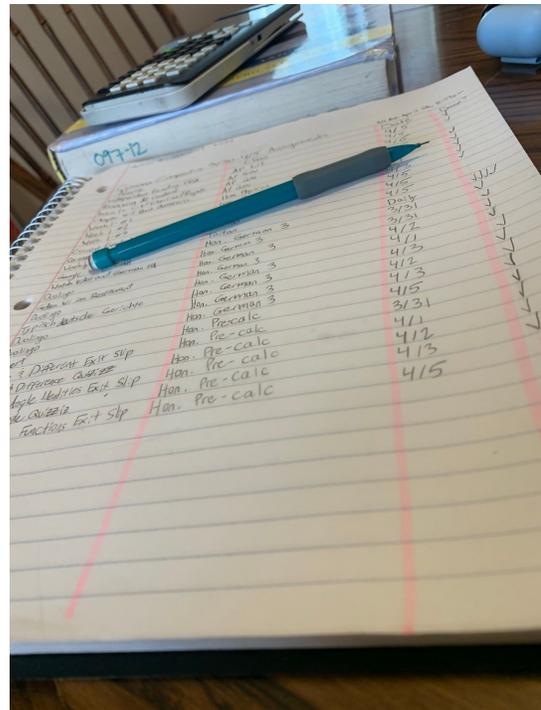
# Avoiding Stress During Online Learning

By: Katelyn Rieder

In these scary times, it can be really easy to get stressed out, and Monday morning's overwhelming flow of emails and Google Classroom announcements didn't exactly help. Today, we'll be teaching you 5 tips to avoid getting overwhelmed with your schoolwork.

## 1. Give yourself "fake" due dates

We know everything is due the following Sunday at midnight, but it can help if you get together all of your assignments and split them up into recommended due dates. For example, you can finish your history project on Thursday so you can have Friday to do your math homework. By doing this, you won't bite off more than you can chew and avoid procrastination at the same time.



## 2. Take breaks

This is one of the most important items on the list. You will *easily* get burnt out if you don't give yourself breaks. Work for about half an hour, and take a short break to go on your phone, get a snack, or whatever you need to do to rest your brain. By doing this, you'll keep up your energy for longer, allowing you to get more work done and over with.

### **3. Change up your environment**

To help simulate a classroom, we recommend you sit at some sort of table or desk that you don't normally relax at. For example, if you do all your homework in your bed, it can be incredibly easy to lay back and take a quick nap while you're supposed to be working.

### **4. Take advantage of office hours**

Your teachers are there to help you, even if you can't see them face-to-face. Every teacher should have notified you with their office hours, which are simply hours every day they are more readily available to answer your questions via email, Remind text, or Google hangout session. Instead of being confused and overwhelmed, make your teachers feel useful by asking a question every once in a while.



### **5. Talk to your classmates**

Plenty of us is feeling much more alone than usual, especially without seeing our friends from class. As weird as it may seem at first, try reaching out to those people that you would normally never talk to outside of class. Even if you can't physically see them, you can still talk to them.

The most important thing we as students can do right now is incredibly easy: stay at home. By staying home, you're avoiding putting yourself and others at risk. We know it's hard to not see your friends, but this will all be over soon. In the meantime, this load of schoolwork we receive could help you to take your mind off of the world right now.