

## **Creating a Healthy Student Workspace at Home**

Transitioning from on campus to remote learning can be difficult. Not only for you as the student, but also for the people you live with. Here are a few tips that may help you and your home mates adjust to this transition:

1. Have a structured routine at home similar to your NSC schedule on campus. This will help you stay productive and focused as you transition to online learning.
2. Continue to follow your class schedule. If your class at NSC was from 9am-10:20am, set that time at home to complete that class's assigned reading, projects, discussions, and assignments.
3. Create a workspace at home where there is minimal distraction. Set up your laptop (or device of choice) along with your school supplies in this space. This way, you associate this space with school, and you know that when you are there, it is time to work.
4. Schedule appropriate study time for exams and quizzes. Maintain your study habits the way you would if you were on campus. Stay connected with your study groups through video conference or calls. If you work better in a "study room" create one at home the best that you can. If home is too distracting, find a quiet space outside or at a nearby park.
5. Schedule self-care. Even though you are home, get up and get dressed. Make sure you eat your meals daily. Take study/work breaks. Create your own "gym-time" at home. The more you can make your home routine like your "normal" routine, the easier it will be for you and those you live with during this transition.
6. Share your schedule with the individuals you live with. They may not fully understand your transition to online learning or the time it requires, but, if you create these healthy boundaries and schedules, they may be able to get used to you "being at school/work" during these times.
7. Stick to your schedule! It takes time to develop new behaviors and routines. If you want the individuals you live with to acknowledge your "school/work" time, YOU need to be consistent in following your schedule.
8. Lastly, be mindful of your health and your needs. Nevada State College looks forward to seeing you again on campus soon! Always Be Bold. Be Great. Be State!