



FINISHING COLLEGE CLASSES DURING COVID-19

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THIS IS A TOUGH TIME FOR EVERYONE. College students have been asked to leave campus and finish the semester remotely, which may not be something they are used to. While this is a hard adjustment for most college students, this change may be more difficult for young adult college students with mental health conditions. Since trying to finish the semester remotely can be a challenge, we've collected some tips that may be helpful. Many of these tips are adapted from our *Supporting College Students with Mental Health Conditions in the Wake of COVID-19* [here](#) on our website.

- If you have a support person (e.g., Campus-based Accessibility/Disability providers, supported education provider or mental health service provider) reach out to them for help.
- Find meaningful ways to stay connected with your friends and campus.
- If you may be eligible, and you haven't already, contact your school's Office of Disabilities/Accessibility to see if you can complete the paperwork to request accommodations.
- Find out what your school's policy is about providing mental health services remotely.
- Contact the Financial Aid Department to see if your school is helping to connect lower resourced students to access necessary technology to participate online.
- Be your own self-advocate. Identify your needs and work with your provider, professor, school, etc. to get them met.
- Have realistic expectations for yourself during this time of upheaval. It may take a while to adjust. You may have to try several different tactics to find what works for you.
- Stay connected with your professors, classmates, service providers and other supports.
- Use YouTube or other [resources](#) to help figure out ways to get organized and get things done.

Tips to Help You Get Your Work Done

PHYSICAL ORGANIZATION:

- Physical organization creates mental organization.
- Think about creating spaces at home where different types of work can be done.
- Think about the circumstances/ places where you do the best for certain activities. Where do you [write/think/ study/prepare] the best for [each course]?
- Try to simulate what worked for you before. If you used to study in the library with a classmate for a certain class recreate this with video conferencing software.



MENTAL ORGANIZATION:

- Create a daily routine and stick to it.
- Enter all new assignments into calendar making sure to account for any time differences.
- Create daily and weekly to-do lists.
- Create incentives in your schedule to help you get the things you want to do done.

MINIMIZE DISTRACTION:

- Make sure the work space has a clean surface that does not face something distracting.
- Be driven by a to-do list.
- Limit how often you check email: set a daily maximum such as 3x a day.
- Turn off app notifications.
- Put your phone on silent; maybe hide it if it's too much of a temptation.
- Schedule in time to freely "roam" your favorite apps.

ELECTRONIC ORGANIZATION:

- Create an automatic place where you store files.
- Create a standard way of naming files (e.g., last revised date at end of file name).

Online Resources

- A college student's 7 tips for transitioning to online classes: <https://mhanational.org/blog/college-students-7-tips-transitioning-online-classes>
- Helping college students cope with COVID-19: These 4 tips will help your college student weather the coronavirus storm: <https://www.psychologytoday.com/us/blog/college-wellness/202003/helping-college-students-cope-covid-19>
- Managing the stress of living at home for college: <https://www.activeminds.org/blog/managing-the-stress-of-living-at-home-for-college/>
- Sleep, self-care, and sharing a productive, healthy indoor environment: <https://youtu.be/cUgG44KRvMA>
- Supporting college students with mental health conditions in the wake of covid-19: <https://youtu.be/jwGM4IS2oXY>
- Tips to help college students during the COVID-19 pandemic: <https://www.mcleanhospital.org/news/tips-help-college-students-during-covid-19-pandemic>
- Transitions to Adulthood Center for Research COVID-19 resources for youth and young adults: <https://www.umassmed.edu/TransitionsACR/coronavirus/>
- Universities' response to supporting mental health of college students during the COVID-19 pandemic: <https://www.psychiatristimes.com/coronavirus/universities-response-supporting-mental-health-college-students-during-covid-19-pandemic>

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