

## **TIPS FOR ONLINE LEARNERS: COPING DURING COVID-19 PANDEMIC**

Mason understands that juggling adult responsibilities while attending school can be stressful. During times of crisis, this stress can be heightened. In this period of social distancing and increased concern about contracting the coronavirus and COVID-19, there are resources to help minimize the stress and bring some semblance of normalcy. While it's important to be cautious, being overly cautious can lead to anxiety and can affect your mental health. Here are five tips to help maintain physical, social and mental well-being while learning and observing social distancing guidelines.

### **1. CREATE A ROUTINE**

Establishing a routine allows you to build in structure for your daily activities. It helps alleviate stress by allowing you to focus on your priorities while also considering important habits to take care of yourself. Try to commit to 4 to 10 hours per course per week. Create a daily routine and communicating this routine to your family. Consider making time for the following:

- Meals
- Sleep
- Hobbies/Free time
- School work
- Professional work
- Social time/Family time

### **2. BE PROACTIVE IF ISSUES ARISE**

Mason provides a lot of opportunities to hone your study skills via [Learning Services](#). They have various online options for setting you up for academic success. Get to know your instructors, even if it's just via email. Try to make time to chat after class or during office hours.

### **3. PRACTICE STRONG COMMUNICATION SKILLS**

Enhancing your written and verbal communication skills will allow you to relay your needs, thoughts, and ideas more clearly.

When you're an online learner you often have more to keep track of. Make sure you practice communicating professional, personal, and academic commitments and boundaries to your colleagues, classmates, professors, and family members as needed. Success coaches within the [Mason Care Network](#) can support you with holistic advising. Setting up a meeting with them is easy via [Navigate](#).

When most of your communication is via writing it's important that you practice communicating as clearly as possible. The [Writing Center](#) has many tutoring and video options to support you in honing your writing skills.

### **4. PRACTICE SELF CARE**

George Mason University has a lot of resources, including our [Counseling and Psychological Services](#) who have different options to fit your schedule.

Mason has recreational resources for you to use while you're off campus. [Burnalong](#) allows you to do physical activity from wherever you are. You can also invite your friends, share your screen, and schedule workouts.

### **5. STAY CONNECTED VIRTUALLY**

There are many opportunities to stay connected to community while we are away from campus. Join [Mason360](#) and join the group Contemporary Students. Use filters like virtual and #online to find events and connect with other online students.

Go to [Mason360](#) and  
follow the tag:  
#online

**Contemporary  
Student Services**

**We want to hear from  
you! Contact us:**

[contemporary@gmu.edu](mailto:contemporary@gmu.edu)  
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