Transitioning "back" to Remote Learning

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Agenda

• Welcome
• End of semester important dates
• Your needs as a student
• Navigating difficult conversations
• Campus Supports
• Questions
End of Semester Important Dates

• 11/5: Today
• 11/20: LDOC (last day of classes)
• 11/21: Residence Halls Close
• 11/23-24: No classes
• 11/25-29: Thanksgiving Holiday
• 11/30-12/1: Virtual Study Days
• 12/2-12/9: Virtual Final Exams
• 12/16: Final Grades Post
Your Needs as a Student

• Think about...
  • How do you study on campus?
  • Where do you study?
  • Can you be interrupted?
  • Who is home?
  • Do you have dedicated workspace?
  • Setting Boundaries
Your Needs as a Student

• More things to think about and consider...
  • How can you set a predictable routine?
  • Who can/will keep you accountable?
    • Family, friends, campus supports?
  • How will you stay engaged?
    • When do you work best?
  • How will you engage in self-care?
    • Exercise? Reading for enjoyment?
Navigating Difficult Conversations

• School at home is hard!
• You may have to have a conversation with the individuals you are living with about your schedule for finals.
• It's challenging for EVERYONE, be polite, and understanding to concerns.

YOU CAN DO HARD THINGS!
Campus Supports

• Finals can be stressful- take care of yourself!
  • Check out our previous workshops

• Counseling Center
  • Great resources on their website
  • TAO

• Center for Academic Success
  • Check in with an academic coach
  • Workshops are posted
Questions?