

REMOTE LEARNING & TEST-TAKING TIPS

FROM CELIA WHITE '21

- **Get foam earplugs/noise cancelling headphones**
 - These have been a lifesaver! Not just for testing, but for helping concentration while doing homework
- **Switch the place you do your work in**, even if it's just a different seat at the table
- **Dim the lights a little** so that the brightness isn't distracting/trying to match computer screen brightness to the brightness in the room
 - Helps your eyes not get tired as quickly
- **Test Tips**
 - If it's feasible, **remind your family/roommates in advance that you will be taking a test** so that they don't plan a noisy activity, and request that they keep the noise level to a minimum.
 - If it's a take-home exam, or even just regular homework, **build in scheduled breaks for yourself.**
 - If you get overwhelmed taking a test, **take a moment to close your eyes and breathe slowly.**
- **Bullet journal**
 - I can't emphasize this one enough. I've really struggled staying organized when everything is online, so this has been **really** helpful, especially when I can't find a great planner at the store, because it allows you to lay out everything in a way that works well for you.
 - A format I've found helpful is to **lay out each month on a page with all due dates highlighted**, then doing the same for each week and each individual day. I also keep a running to-do list for every week (you can keep separate ones for school and personal chores/errands if it's helpful).
 - I also **keep a list of helpful reminders for each class**, like "asynchronous readings must be done before lectures," for example. If you're planning for jobs/internships/grad school, this can also get a separate to-do list section with its own deadlines, important steps, and reminders.