

Successful Study Habits for Remote Learning



NYU

Student Success

We are here for you!

Find us online or via email at studentsuccess@nyu.edu



1. Reach Out for Help

We all need a helping hand, and now is the time to really lean on your support network. The staff and faculty at NYU are here to support you. Be proactive in seeking the help you need.

- Reach out to your professors via email or [NYU Classes](#).
- Contact your academic advisor via [NYU Connect](#) or email.
- Join a virtual study session or request 1:1 tutoring through the [University Learning Center](#) or the [Polytechnic Tutoring Center](#).
- Set up a virtual appointment with the [NYU Writing Center](#) for writing help.
- For mental health support, contact the [Wellness Exchange](#) via phone, chat, or a virtual appointment.
- If you don't know where to turn, make an [appointment with a Student Success Specialist](#) in NYU Connect to get connected to campus resources.



2. Create a Distraction-Free Study Space

Set aside a designated work space with everything you need to study and attend class. If possible, try to separate yourself from whatever distractions exist in your current situation. A good pair of headphones helps and there are lots of great [studying playlists](#) to explore!



3. Set a Routine

Having a daily routine can help provide some structure and keep you focused, productive, and organized. Create a calendar (Google calendar is a great option) with your class times, upcoming exams, and assignment due dates. Be sure to set aside time for breaks, physical activity, and virtual socializing.



4. Take Planned Breaks

It is always important to take breaks, but even more so when working remotely. Be sure to plan breaks during your study sessions to get up and move around or simply just clear your head. A great way to do this is to utilize the Pomodoro Technique, where you work diligently for 25 minutes, followed by a 5 minute break.



5. Stay Organized

Getting organized early on is key to staying on track. Create a system to keep all of your class-related items, physical and digital, in one place. Do you know how to access your virtual lectures? Are any due dates or assignments changing? What format will your exams be in? Be sure to reach out to your professors if you have any questions.



6. Check Your Email Regularly

Your professors, department, and university are emailing you with important information on a regular basis. Be sure to check your email multiple times a day so you are aware of upcoming assignments, changes to the syllabus, and updates from the university.



7. Practice Good Zoom Etiquette

We all know that one classmate who thought they were on mute when they weren't. When you don't want anyone to see or hear you, double check that your video is off and you are on mute so the whole class doesn't hear something they shouldn't! Also, keep in mind how you present yourself. How are you dressed? Is there anything you should move so it isn't in the video?



8. Practice Physical Distancing, Not Social Distancing

Being physically removed from your friends and classmates can be a lonely experience. While it is important to practice physical distancing right now, that does not mean you need to remain socially distant. Reach out to your family, friends, and classmates during this time. Video calls are a great way to stay connected.





9. Establish Guidelines for Family and Friends When Studying

Your loved ones may be the biggest source of distraction for you right now. Establishing rules for interactions can help others understand your needs and help you stay focused. Set boundaries with the people you are sharing space with so they know when you prefer to not be disturbed.



10. Build Your Intrinsic Motivation

With so many unexpected changes and obstacles, it can be easy to forget your greater purpose and what you are working towards. Embrace this moment of challenge. Stay connected with the people in your life who inspire and challenge you. Take advantage of this time to switch up your study habits to find what works best for you.



11. Practice Self-Care

Now more than ever, it is important to prioritize your own self care — whatever that may look like! Make time and create space for whatever activities make you feel like you again. NYU still has many events and workshops that you can access remotely, including virtual [Yoga and Meditation classes](#) through [MindfulNYU](#).

Links to Additional Resources

[NYU Coronavirus Information and Resources](#)

[Information for Students](#)

[Support for Student Remote Learning](#)

[Student Health Center](#)

[NYU IT](#)



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