

Tips for Succeeding Despite COVID-19

Get involved

- Campus events
- Recognized Student Organizations
- Community events

Focus on resilience

- Practice acceptance
- Mourn your losses and move on
- Keep a gratitude journal
- Be compassionate with yourself (and others)
- Engage in self care

Structure your day

- Go to class (make a class schedule for asynchronous classes)
- Schedule homework, social time, screen breaks, physical activity
- Follow a routine just like you would normally

Do something meaningful

- Get a job
- Volunteer
- Rake someone's leaves
- Shovel someone's sidewalk
- Walk someone's dog
- Help someone with a DIY project
- Join your major's club
- Join RHA

Distract yourself

- Learn a new hobby, skill, or language
- Create something (art, music, painting, poetry, photography, etc.)
- Adult coloring books
- Make holiday/birthday presents for friends and family
- Stay active (yoga, walking, Pilates, dance, meditation, etc.)