

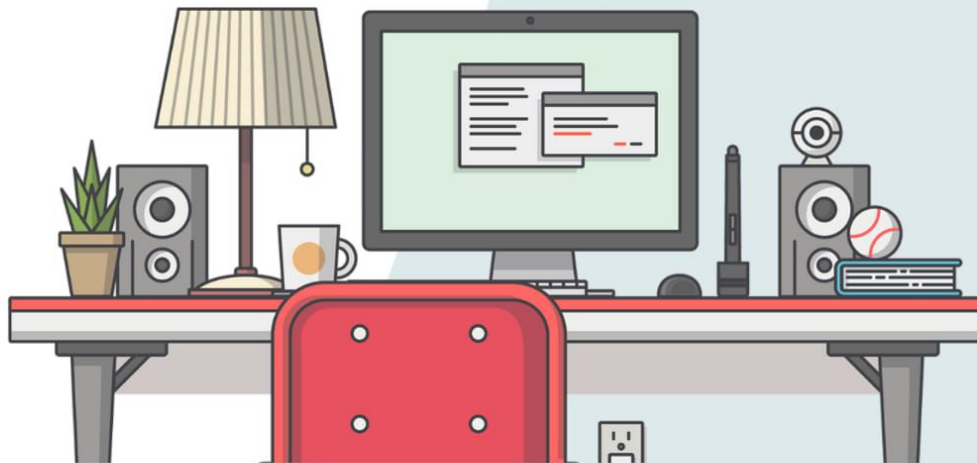


TIPS FOR LEARNING REMOTELY

Stay away from any distractors when you start to study, such as social media, chatting, online games, etc.



You can create your own "classroom" and dedicated working space. This space should be used for studying only, and not for any other activity (the dinner table or your bed are not suitable places to become study areas).



**Learn how to use digital tools being used in
your courses.**



Don't get disappointed if you can not study effectively right away. It takes time to change habits.



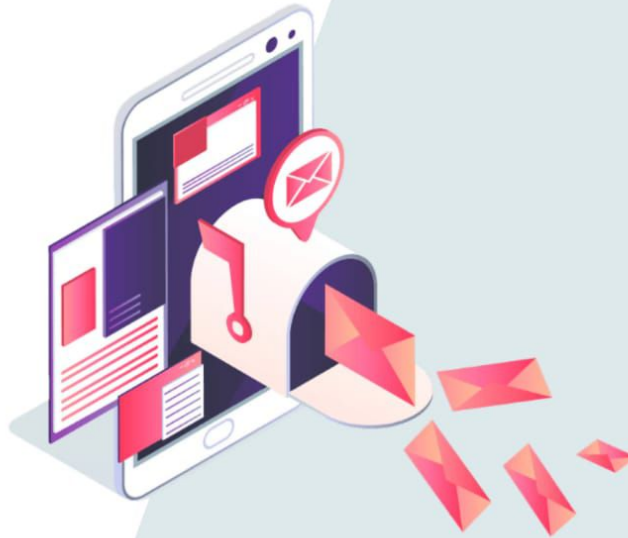
Prepare a good plan for yourself and schedule specific times in your day to dedicate to studying or fulfilling the requirements of remote teaching.



**While listening to online lectures, take notes
and avoid multitasking (.**



If you do not have enough equipment or Internet connection for remote learning, it is better to inform your instructor as soon as possible.



If you need further clarification on a topic or are unsure what is expected of you, do not hesitate to contact your instructor.



While you are studying, give regular breaks and do exercise.

