



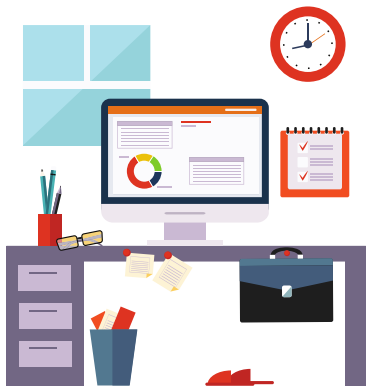
# WARRIORS WORK HARDER

**FOLLOW THESE TIPS TO STAY MOTIVATED THIS SEMESTER!**

## STAY ORGANIZED

**And create a daily routine!**

- Create spaces where different kinds of work can be done.
- A routine will provide needed structure to your day and keep you motivated.
- Create daily and weekly to-do lists and enter assignments into a calendar.
- Build incentives into your schedule to reward yourself for reaching your goals.



## AVOID DISTRACTIONS

**We know it's hard!**

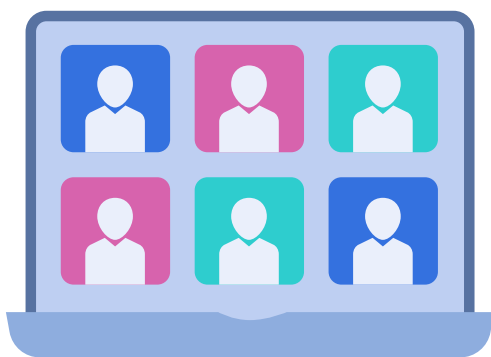
- Make sure your online class workspace is free of distractions. Silence your phone. Close your email and other apps.
- Avoid multitasking while in your online classes. Multitasking is less efficient and distracts from the things you are trying to do.
- Follow your schedule and to-do list. Schedule free time after some work is completed to help inspire yourself.



## CONNECT WITH YOUR CLASSES

**And make the most of this experience!**

- Take as many on-ground classes as you can.
- Go to class and participate!
- Form small study groups and keep each other motivated. Help your fellow classmates through this difficult time.



## ASK FOR HELP

**Get the support you need to be successful!**

- Connect with your professors in their weekly virtual office hours.
  - If you are having problems with technology, talk to your professor. Eastern may be able to help.
- Remember that the library is open and you can check out a laptop to use if you need one.



## USE EASTERN'S RESOURCES

**We're all here for you!**

- Need help in your courses? Consider tutoring! Tutoring is offered in-person and online for a variety of course subjects. Schedule an appointment using GradesFirst!
- Don't forget about CAPS! The professional staff at Eastern's Counseling and Psychological Services are here to support your psychological well-being through a variety of services at no cost to students.



**WE ARE STRONGER TOGETHER.  
YOU CAN DO THIS, EASTERN!**