

UNLV

Succeeding as a Remote Rebel

YOU'VE GOT THIS!



In this guide, we will talk about how to:

- Achieve Self-Care
- Get Organized
- Adjust to Virtual Learning
- Maintain Motivation
- Prepare your Technology for Finals
- Access Additional Resources

1 Achieve Self-Care

Before you can take care of others, you must take care of yourself!

- ▶ **Take intentional time to care for yourself in ways that rejuvenate and strengthen you**
 - Self-care is not the same as self-soothing, which refers to actions or habits that let you escape uncomfortable emotions
 - You need both self-soothing and self-care, but self-care helps you find long-term solutions while self-soothing is temporary
- ▶ **Consider virtual group fitness classes and/or on-demand fitness videos**
 - Follow @UNLVRebelRec on social media
 - Subscribe to the YouTube channel to plan virtual classes and get reminders
 - [YMCA 360: On-Demand Videos](#)
 - [Yoga with Adriene: YouTube](#)
 - **Just simply move (safely):** Stretching, walking, hiking, bike riding, etc.



- ▶ **Eat healthy and avoid skipping meals**
 - [UNLV Nutritionist consultation](#)
- ▶ **SLEEP! Yes, you need an adequate amount of sleep**
- ▶ **Utilize virtual campus mental health resources like [CAPS](#) and [TAO Connect](#)**
- ▶ **Seek local community mental health resources: United Citizens Foundation, Red Rock Counseling, Perceptions Counseling, [Vegas Strong Resiliency Center](#) (Full List on [College of Ed website](#))**
- ▶ [7 Cups](#): Free emotional support online
- ▶ [Mood Lifters](#): Mental Wellness Program
- ▶ **Reach out to a trusted friend, mentor, and/or family member. **You're not alone!****

2 Get Organized

► Create a weekly study schedule

- Keep a schedule with consistent, dedicated study time
- Set daily goals for what you need to accomplish each day to stay on track with your assignments
- Mark instructor's virtual office hours or study sessions on your calendar and plan to attend if you have questions or find yourself stuck

► Dedicate a study spot

- Your brain will be primed for work and it will be easier to focus, retain information, and avoid multitasking
- Be aware of your own personal distractions.
 - This might be different for everyone but can include phones, family, pets, TV, etc.
 - Ideal study space characteristics:
 - Organized
 - Minimal distractions
 - Access to supplies
 - Lighting (natural if possible)
 - Body posture (sitting up, not in bed)
 - Make the best out of the space you have!



**ORGANIZE
DEDICATE
STRUCTURE**

Organize your studying structure (with breaks).
Try the Pomodoro Technique

3 Adjust to Virtual Learning

▶ UNLV [Office of Online Education](#) is a great resource

▶ How are your classes being delivered?

- [Keep track of each of your classes](#) (be sure to check-in daily!)
- Look ahead, as assignments can come quickly
- Does your professor pre-record lectures? If so, you are able to play back the recorded lectures to make thorough notes
- Openly communicate with your professor (ask questions sooner rather than later!)
- Adopt a [growth mindset](#): Even if you don't prefer remote learning, how can you build your skills and grow more comfortable with it?

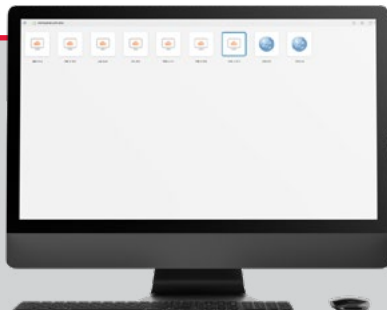
▶ How can you connect with classmates?

- Reach out to classmates! Bonus: fight social isolation and build community

- Answer questions, remind each other of deadlines, etc.
- Set up virtual study sessions to review complicated material
- Set up [virtual hangouts](#) through Google
Find at least one academic virtual buddy to hold each other accountable.

▶ How can you access academic support and online tutoring?

- UNLV [Academic Success Coaching](#)
 - Great for time management and general study strategies!
- UNLV [ASC Tutoring](#) and [ASC Supplemental Instruction](#)
- UNLV [Writing Center](#) - Online writing lab and virtual consultations
- [Khan Academy](#)
- UNLV Library has many [Online Services](#)



[RebelApps](#): this [virtual computer labs service](#) allows students to remotely access over 40 software titles available in UNLV computer labs at no cost - anytime, anywhere!



4 Maintain Motivation



- ▶ **Reflect on your long-term goals**
 - Right now, we are all trying to get through each day, but this will not last forever. What do you hope to have accomplished in 1 year? In 5 years?
 - Why did you enroll at UNLV? What are your hopes for your experience?
- ▶ **Create SMART medium- and short-term goals you'll need to complete to reach your long-term goal (e.g., finish this semester strong, enroll for next semester)**
 - Handle uncertainty by crafting multiple plans; this helps you feel more prepared and on track regardless of the changing context
 - Meet with your **academic advisor** to ensure you are aware of all your options
- ▶ **Write down your goal(s) and place it somewhere you can see it regularly**
- ▶ **Share your goal(s) with friends and family and ask for their support**
- ▶ **Set up a system of rewards for meeting short-term goals**

SMART



SPECIFIC



MEASURABLE



ACHIEVABLE



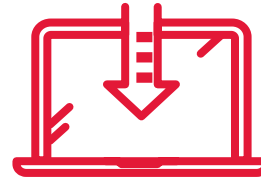
RELEVANT



TIME-BASED

5 Prepare Technology for Finals

- ▶ Review revised syllabi, [WebCampus](#) instructions, and emails/announcements to determine the finals plan for each of your classes
 - After careful review, reach out to your instructor for any clarifications
- ▶ Make a list of technological needs:
 - Stable wifi for a timed exam
 - Test necessary programs/software on your internet-connected device
 - Discount internet services offered to local students by CenturyLink and Cox Communications



- ▶ Exam proctoring
 - Determine the proctoring delivery (instructor-developed or a private company like ProctorU?)
 - Is a webcam required? What else is needed?
- ▶ [Academic Integrity](#)
 - Maintain your honesty. As you know, cutting corners is not worth the risk

REVIEW
MAKE LIST
PROCTORING

- ▶ Financial guidance: [Opportunity Alliance Nevada](#)
- ▶ Legal Aid Center of Southern NV: [Legal & Financial Toolkit](#)
- ▶ The PRACTICE remains open for telecounseling at 702-895-1532 for current clients; no new clients at this time
- ▶ Join: [The Intersection on Canvas](#)
- ▶ [UNLV COVID-19 Updates Website](#)
- ▶ [COVID-19 Local Resource List](#)
- ▶ [Kanopy](#): UNLV Library free streaming service
- ▶ [UNLV LinkedIn Learning](#): Learning and professional development online resources

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