

TIPS FOR NAVIGATING

Learn *from* Anywhere

EFFECTIVE TIME MANAGEMENT STRATEGIES

- Have a defined schedule, hold yourself accountable, and set goals
- Share your schedule with others for added support
- Look at your syllabi early in the semester; record deadlines on your favorite calendaring tool
- Try the Pomodoro Technique for effective studying



NOTE TAKING & STUDY STRATEGIES

- Take meaningful notes
- After class, fill in any gaps in your notes by comparing your notes with the textbook
- Quiz yourself on the material
- Practice teaching the material to someone else

QUESTIONS

- Communicate with your professors about any questions or difficulties you have
- Reach out to BU Information Services & Technology with any questions related to technology

CREATE A STUDY SPACE FOR YOURSELF

- Designate a specific area in your living space for attending classes and studying
- Select a comfortable area where you can sit for extended periods of time
- If you are sharing space with others, select an area with minimal traffic flow
- If possible, reduce distractions with noise cancelling headphones or ear plugs



CREATE A STUDY GROUP

- If you prefer to study with others, you can hold study sessions via FaceTime, Google Meet, WeChat, WhatsApp, or Zoom
- Meet with your group on a regular basis and share tips and study strategies

REDUCE DIGITAL DISTRACTIONS

- Put phone on do not disturb/airplane mode or turn off notifications
- Consider setting time limits for specific apps
- Try adding Firefox add-ons like "Leechblock," "Forest," or the Google Chrome extension "StayFocusd" to limit the amount of time you can spend on specific websites

