

MBKU Student Online Learning Tips During COVID-19



Stay Organized

Things have changed in your coursework and you may be feeling anxious about keeping up with your classes and staying on track but staying organized will help.

We understand you are hard-working students who are used to balancing a lot of classes, clinical rotations, studying and more. Please be kind to yourself during this time and don't be tempted to take on more and overwhelm yourselves.



Avoid Multitasking

Now that learning has become much more self-directed, it is tempting to try to do too much at once (can you really listen to lecture while scrolling through Instagram?). Keep in mind no one really does more than one task at a time, instead you are really just switching your attention back and forth between multiple tasks. It is less efficient and you are less likely to recall what you are learning.



Set a Schedule

As COVID-19 has progressed, you have probably noticed fewer social activities, class meetings, or work hours. Setting a schedule for yourself can help provide structure and keep you motivated. If you don't already keep a weekly or daily calendar, try organizing your time more intentionally to include time for exercise and self-care.

If you find you have more time on your hands, consider enrolling in the Career Readiness Microcredential to learn some valuable skills to better prepare you for your future as a working professional. If you need help making self-care a priority, join the MBKU Wellness Challenge Facebook group or even just joining in on a Virtual Wellness Walk on Wednesdays at noon.

We Are Here For You

Things may feel out of your control right now. You are facing a lot of change in your learning environment and we are here to support you through this time. Please be patient with yourself, your classmates, and your instructors. Your self-care is a top priority and we want you to put your well-being and health first. Making a plan, adjusting your study routines and using virtual methods like Zoom to stay connected to your MBKU community may help you gain more control.

Top Tips



Stay Organized



Avoid Multitasking



Set a Schedule



Make the Most of Video Lectures



Trade Some of Your Usual Study Habits for New Ones



Stay Connected



Self-Care





Make the Most of Video Lectures

- Stick to your instructor's schedule as much as possible.
- Staying on a schedule will help you have a feeling of normalcy and prevent you from falling behind.
- Ask lots of questions. Participate in the chat feature and discussion forums.
- Close distracting tabs and apps while you are watching video lectures. We know it's hard, but TikTok will be there after your lecture, we promise!
- Continue to take notes as you would if you were in class in person.



Trade Some of Your Usual Study Habits for New Ones

Your every-day routines have adjusted during this time. Look for healthy ways to adapt your usual habits and form new ones.

For example:

- Think about what kind of environment helps you study. If you usually study in a coffee shop or library, see if you can recreate that at home. Maybe it's studying at the kitchen counter, rather than on your bed or couch, or moving to a new spot when you change tasks. If you feel you need background noise, consider a white noise app or some classical music.
- If you study in groups, try a virtual session with your classmates through a video app or even a simple phone call with a tutor. Tutoring services are continuing remotely and tutors are still getting paid.
- If you thrive on tight timelines, but now have a more open schedule, think about how working with others or setting up a schedule can recreate that for you.

Try Not To Procrastinate

While it is nice to attend lectures and study on your own time, it also makes it easier to procrastinate. Try keeping in touch with your classmates to help keep each other on pace. For more tips on avoiding procrastination, check out the time management video on the Student Achievement Center (SAC) Moodle page.

Meet Regularly

If you usually touch base during class or lab, consider a quick text on your group chat about progress every couple of days. Ideally, have real conversations over video any week you're working together.

Keep Videos Open When You Can

Seeing everyone on video will help you stay engaged. Focus on keeping the video visible on your computer screen. It'll help you see the expressions of your teammates and stay connected to one another.

Check On Each Other and Ask For Backup

If someone has been absent from your group meetings or chat, ask them directly if they're still able to participate in the project. If you aren't getting responses within a day or two, let your instructor know. It's important right now that we all care for each other well and check in on one another regularly.



Stay Connected

We know it is essential to practice social distancing and self-isolate right now, but connecting with family and friends virtually is more important than ever. Here are a few ideas:

Schedule time with friends and family

Talking with loved ones is really helpful when you're stressed or nervous about something. Taking a break to have a laugh is so important.

Use Zoom, Facetime or Google Hangouts

Connect with your Peer Advisor/Advisees or classmates to talk through a tough problem.

Attend virtual office hours or study groups

Stay up on your coursework and classes to stay on track with your studies.



Self-Care

Staying in touch with your classmates, family and friends will go a long way to help you feel connected. Of course staying healthy requires getting enough sleep, nutrition and exercise. If you are not feeling well, please schedule an appointment with your healthcare provider via telemedicine. If you cannot get an appointment in a timely manner, Dr. Brandon Grove is offering telemedicine appointments for students. Don't forget to evaluate your mental wellbeing too. Dr. Alyse Kirschen is also available for counseling appointments.

Please Remember: We Are Here For You

If COVID-19 has disrupted your travel plans, ended a clinical rotation you were excited about, or it feels like it came at the worst possible time, remember: we will get through this together.

You'll find your way when it settles down. You'll get back on track, and things will get back to normal. We don't know when, but we know it will happen and we will help you through it.

Until then, watch some Netflix (in between your coursework, of course), take a deep breath, do your best, get some rest, and wash your hands.

Student Resources

Disability Services

We understand that your learning environment has changed, your accommodations may need changes as well, please contact cbarnhardt@ketchum.edu.

Counseling Services

Confidential counseling services are available at no additional cost by emailing Dr. Kirschen (one-time services), and for only \$5 per session through Hope International University (unlimited appointments).

SAC Moodle Page (Requires Login)

<http://moodle.ketchum.edu/course/view.php?id=392>

Report a Concern Form (Requires Login)

https://my.ketchum.edu/ICS/Community/Report_a_Concern.jnz

Family Medicine

Telemedicine Appointments

Call 714.463.7505 to make a free Telemedicine appointment with Dr. Brandon Grove.

Weekly Updates

Check out our Weekly Student Affairs emails for the most up-to-date information.

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