Make Studying At Home Work For You

Communicate Openly & Often
- Remember that your family was not expecting you home early either. Talk with them about your needs for space, privacy and uninterrupted time.
- Talk about how you can help around the house and take on other family responsibilities, keeping in mind your full time work load.
- Keep connected with classmates and/or professors. Being engaged with them can help boost motivation.

Create and Commit to a Schedule
- Find and keep a schedule that works for you. Rising late, eating Cheetos for breakfast and staring at a screen all day will may anyone feel like a slug.
- Get dressed and brush your teeth every morning.
- Set reasonable time frames for work and breaks.
- Give yourself variety in your day.
- Plan virtual study dates with classmates or find a homework accountability buddy.

Create a Study Space
- Set up a space in your home where you can attend to on-line classes and feel productive. Physical spaces can physically cue your body that it’s time to focus and to work.

Rest & Reward
- Get up and stretch or walk around periodically. Go outside to feel refreshed and push back feeling cabin fevered.
- Plan rewards for when you have completed your tasks, such as: cooking something new, creating art, or connecting online with friends.

Keep Perspective
- These are short term measures. Do your work so you don’t create more stress and challenges for yourself.

Remember that CMU is here to help you. We want you to succeed.

If you have concerns about your academics, contact your professors and academic advisors.

If you have other questions and do not know who to contact, call the Counseling Center at 989-774-3381. We will direct you to the appropriate resource.

If you would just like to talk, we are here to listen. We can videoconference or speak with you by phone.