

ADJUSTING FOR SUCCESS IN COVID-19

With everything going on right now, you may feel a little out of control. We want you to know that we are here for you and that together - we'll get through this!



YOUR HEALTH COMES FIRST.

Focusing on school is tough when you aren't feeling well. Putting your physical and mental health first is key to doing well in your studies. For more, see uhs.uga.edu.

BE PATIENT.



Be patient with yourself and others during this time of transition. This situation is challenging for everyone but remember, we're in this together!

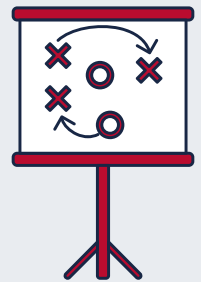
LEAN ON YOUR COMMUNITY.



Finding ways to connect with your classmates, friends, and fellow organization members can combat against feelings of loneliness.

CREATE A (FLEXIBLE) PLAN.

Your calendar may need to change to fit the new format of your courses. Creating a flexible plan for success can offer stability.



ADOPT NEW SUCCESS STRATEGIES.

Find strategies that are useful in an online setting. It's okay if they feel differently from the ones you would use in a traditional class setting.

THIS IS ONLY TEMPORARY.



Remember that this situation is only temporary and things will eventually get back on track.

