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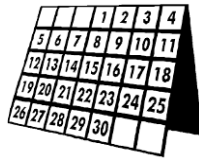
COPING WITH COVID-19 Tips for Managing Academic Stress while Studying Remotely

“It’s not the load that breaks you, it’s the way you carry it.”

~ Lou Holtz



- How do you manage your time?
- Do you make to-do/action lists? Are you prioritizing tasks?
- Using a planner and writing a schedule and timeline foster mental/physical orderliness and promote emotional well-being, motivation and productivity.



- Divide and conquer! Breaking goals up into sub-goals, chunking tasks, makes your goals more doable.
- Get stuck? Moving on to a different activity, coming back to a task after a break or a change in environment (e.g., another room in your home, outside), stimulate cognition.
- Making the most of your time, working smarter and not harder, and being aware of “time bandits” - emails, texts, social media, etc. – can help you stay on task.
- Limiting distractions (e.g., music, TV, phone, social media) and decluttering make an at-home work space more conducive to studying.

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- Considering when your energy is highest, when you are most creative or productive in the day, and planning study-time accordingly can make a big difference in your process and outcome.
- Setting boundaries, like saying “No” or “I’d love to help you, but I am busy right now,” will help you manage your physical/emotional/ mental resources.
- Maintaining regular sleep, nutrition, physical activity, health/medical regimens and social interaction are basic to succeeding academically.



- You may familiarize yourself with your rights to equitable, accessible education and available resources throughout COVID-19 to obtain accommodations for online instruction as needed at <https://www.ndrn.org/resource/covid-19-and-education-of-students-with-disabilities-resources/>
 - Additional information is available at <http://www.nclد.org/covid19>
 - For assistance with accessing accommodations at USF, contact Student Accessibility Services at 813-974-4309 or at <https://www.usf.edu/student-affairs/student-disabilities-services/new-access-sds/accesssds.aspx>
1. What new or creative positive coping strategies can you think of?
 2. What other ways can you think of that may be helpful for you?

RESOURCES:

<https://www.ndrn.org/resource/covid-19-and-education-of-students-with-disabilities-resources/>

<https://www.nclد.org/covid19>

https://www.gograph.com/vector-clip-art/student-carrying-books_4.html

<https://webstockreview.net/explore/clipart-calendar-animated/>

<https://www.clipart.email/clipart/thinking-royalty-free-brain-clipart-392284.html>

<http://cliparts.co/cliparts/ziX/pnn/ziXpnnxiB.jpg>

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