

Dear students,

As we prepare our campus for physical distancing and other safety measures, some courses are moving to an online delivery method. Please check your schedule in Campus Connection before classes begin to verify any changes to how your courses will be delivered. As the semester progresses, please continue to check for any announcements in Blackboard for all your courses as there may be additional changes. If you have questions about delivery options for other sections or courses and think you may want to change your schedule, please contact your academic advisor. Your advisor (and contact info) can be found in your [Starfish Success Network](#). Before reaching out, please consider the following benefits to online learning:

1. Our online courses have been created with student engagement and learning in mind. Instructors have developed engaging lessons and different ways to interact which you will find stimulating and interesting.
2. Online courses provide students with flexibility. Most of the online courses are asynchronous, meaning you determine when you will interact with your course materials at a time that works in your schedule, from anywhere with an internet connection.
3. You are in control of your learning environment. You can create the lighting, noise, and people traffic in your physical space to suit your learning preferences as you engage with your course material.
4. Completing courses online prepares you for the skills needed in your future career. Studying online requires certain skills such as self-discipline, self-motivation, and communication. These are valuable skills employers are seeking in employees.

We are here to help you be successful in your online courses. Here are a few tips that will help you be successful in your online courses this semester:

- Use your course syllabus as your guide. Pay attention to the schedule and/or announcements posted in Blackboard
- Keep a daily routine, find a designated study space, and study at a time when you are at your best
  - Don't forget to plan for self-care, schedule time for yourself, exercise, or for connecting with family and friends
- Plan your class times and/or pre-recorded lectures, tests, assignments, and study time on your calendar to stay caught up and avoid cramming in the end. This will help you be successful in the course and typically leads to higher grades
  - Plan out your study time in 30- or 60-minute increments where you can and give yourself a break after each time block
- Divide your weekly work into achievable tasks and be specific in what to accomplish for each test and assignment during your reserved study hours (e.g., PSYC 111 read/take notes pp. 56-105). Reward yourself when you accomplish each task.

- For more information and resources on how to succeed academically, check out the [Learning Services website](#)

If you find that you need help in *any* of your courses, don't wait! Connect with your instructor or teaching assistants (TA) for the course, and find out if there is tutoring available for the course you are taking via [UND's tutoring services](#). Online tutoring is also available 24/7 for many courses through Smarthinking which can be accessed in the "tools" section of your Blackboard course. If you would like assistance with writing assignments, check out UND's [Writing Center](#). Finally, UND's Learning Services also provides [academic coaching](#) to help build skills and strategies for studying, time management, and other needs. Learning these skills can help students to gain confidence, motivation, and reduce stress levels related to academic success.