VIRTUAL LEARNING SUCCESS
FOR FIRST-GENERATION STUDENTS

TRANSITIONING INTO THE VIRTUAL SPACE
With UC San Diego’s transition to remote learning for Spring 2020, we want to acknowledge that we are all entering an unexpected learning environment. However, we want to emphasize that we will be navigating this unprecedented time together and that you are not alone. As a first-gen student, your resilience and adaptability are key to navigating these uncertain times and we want to reassure you that the Student Success Coaching Program (SSCP) is committed to your continual success. For many of you, this may be your first time learning remotely. We hope this guide can help set you up for success! If you have additional questions or would like to process this information with someone, please do not hesitate to reach out to your coaches. WE ARE ALL HERE FOR YOU! *Note: All underlined text are click-able links!

TECH TERMINOLOGY BASICS
Here are a few terms that you may encounter through remote learning:
- REMOTE LEARNING: instructors and students are separated by time and distance, therefore cannot meet in a traditional classroom for learning to occur
- ASYNCHRONOUS: classes that allow students to complete work whenever it best suits them.
- SYNCHRONOUS: classes that require students to log-in at specific times.
- LEARNING MANAGEMENT SYSTEM (LMS): refers to the learning platform used to manage online learning (ex. Canvas)
- BREAKOUT ROOMS: sub-rooms that can be created during a virtual class session for student collaboration.

TIPS FOR VIRTUAL SUCCESS
FOR STAYING ORGANIZED
- CREATE A SOLID SCHEDULE. Include mandatory class times, build in blocks of study time, and set aside time for yourself as well!
- BE MINDFUL OF YOUR TIME. When is the best time for you to be productive with the least amount of distractions? This could look like getting up early before everyone else in your living space gets up.
- SET DAILY STUDY GOALS. Be realistic with how much you can accomplish in a day and prioritize upcoming assignments/tests.

FOR LEARNING IN YOUR HOME ENVIRONMENT
- SHARE YOUR SCHEDULE WITH OTHERS. Let family members/housemates know the times you have class, group meetings, study time, etc.
- SET COMMUNICATION RULES. A good example of a rule is sharing with others that headphones in means do not disturb!
- SET UP A GOOD WORK ENVIRONMENT. Creating a consistent work space can help mentally prepare yourself for productivity.
- LIMIT DISTRACTIONS. Consider turning off your cellphone or closing unrelated browser tabs during class/study time.
  *CONNECT WITH YOUR COACH TO DISCUSS MORE ABOUT HOW TO ENGAGE YOUR FAMILY WITH YOUR NEW LEARNING ENVIRONMENT*
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FOR ENGAGING WITH OTHERS
- SET-UP VIRTUAL STUDY GROUPS/HANGOUTS. Virtual study groups with classmates can help to keep one another accountable with assignments, virtual social hangouts are useful for checking-in with your friends, and setting up a virtual appointment with your peer coach will provide you with a familiar face to talk to!
- TAKE ADVANTAGE OF VIRTUAL PROGRAMMING. A lot of the spaces on-campus are offering virtual programs and workshops. Use these opportunities to stay connected with the campus community.
- CONNECT WITH YOUR FACULTY. Attend virtual office hours and reach out to your faculty right away if you are having any difficulties with the course.

FOR MANAGING STRESS
- UTILIZE CAMPUS RESOURCES. Participate in a free mindfulness session and/or visit CAPS for full, virtual access to all of their services.
- TAKE CARE OF YOUR MENTAL HEALTH. At a time of uncertainty, you may feel like there is a loss in what you can control. These tips for protecting your mental health can help ease the stress that comes with uncertainty.

CAMPUS RESOURCES
CLICK THE LINKS BELOW
- GENERAL COVID-19 INFO
  - UC SAN DIEGO COVID-19 UPDATES
  - ISPO COVID-19 UPDATES
  - ABOUT COVID-19 (MULTILINGUAL)
- KEEP LEARNING:
  Contains resources for Zoom tutorials, Canvas tutorials, tips for online engagement, and more!
- ACCESS TO TECHNOLOGY
  - COMPUTER LAB LOOKUP
  - LAPTOP LOANER PROGRAM
- FINANCIAL AID
  - COVID-19 & FINANCIAL AID/SCHOLARSHIP FAQ
- TEACHING + LEARNING COMMONS
  - ONLINE CONTENT TUTORING
- SPRING 2020 GRADING POLICIES
  - SPRING 2020 SI/SG SCHEDULE

ADAPTED FROM:
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