

# Make YOUR new schedule

## Things to Include:

-  Synchronous class times
-  Block off time for completing reading/coursework- by course
-  Connecting with Professors- EVERY WEEK
-  Consider new ways to CONNECT
  - Join or create a virtual study group
-  Build in some time for exercise!
-  Monitor your mental health

## Suggestions for making your schedule work

-  Wake up and Get Dressed
-  Communicate with your household:
  - What do you need and when
  - What do your housemates need
-  Make a workspace for yourself



## REACH OUT!

Schedule a zoom meeting:  
<https://sholden.youcanbook.me>

Text me: 617 396-3240

Email me: [sholden@ebrooke.org](mailto:sholden@ebrooke.org)