# 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

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