The Academic Support Center created this list of tips to help you finish the semester strong, as we know this may be a challenging time for a multitude of reasons.

**Stay Organized**

- **Make a schedule for yourself**
  - Include Zoom meetings, due dates, exams
  - Prioritize your coursework - which assignments are due first? Which assignments will take more time?

- **Pay attention to due dates**
  - Use a planner or set reminders on your phone
  - Make an arrangement with a friend or classmate to check in on each other

- **Focus on one thing at a time**
  - Trying to juggle more than one task at a time can get hectic
  - Set aside time just for studying

**Stay Connected**

- **Reach out to your Academic Advisor**
  - They can help you if you are dealing with added stress, or if you are feeling overwhelmed

- **Make use of Academic Coaching**
  - Contact Barbara Brown at bbrown1@albany.edu to schedule an appointment

- **Stay in touch with the people who matter**
  - Check in with friends and classmates
  - Plan a virtual dinner party or game night
Stay informed

- Read your email
  - Set aside time each day to read your messages
  - Set up folders for important information, and delete unneeded emails
- Check Blackboard
  - Check each class daily
  - If you are confused about an assignment, email your professor
- Get the latest updates
  - [https://www.albany.edu/covid-19](https://www.albany.edu/covid-19)

Stay Strong

- Practice self-care and take care of your mental health
  - Visit the Counseling and Psychological Services (CAPS) website for self-care ideas and support: [https://www.albany.edu/counseling_center/](https://www.albany.edu/counseling_center/)
  - Call Middle Earth to talk to a supportive peer Monday-Friday from 1-5pm: call 646-558-8656 and enter the meeting ID number: 979-332-677
- Use Academic Support Resources
  - A+ Tutoring is offering online sessions - visit our website for schedule and links: [www.albany.edu/ascplus](www.albany.edu/ascplus)
  - Contact your professors or academic advisor

YOU GOT THIS, WE GOT YOU!