



FINISHING COLLEGE CLASSES DURING COVID-19



THIS IS A TOUGH TIME FOR EVERYONE. College students have been asked to leave campus and finish the semester remotely, which may not be something they are used to. While this is a hard adjustment for most college students, this change may be more difficult for young adult college students with mental health conditions. Since trying to finish the semester remotely can be a challenge, we've collected some tips that may be helpful. Many of these tips are adapted from our *Supporting College Students with Mental Health Conditions in the Wake of COVID-19* [here](#) on our website.

- If you have a support person (e.g., Campus-based Accessibility/Disability providers, supported education provider or mental health service provider) reach out to them for help.
- Find meaningful ways to stay connected with your friends and campus.
- If you may be eligible, and you haven't already, contact your school's Office of Disabilities/Accessibility to see if you can complete the paperwork to request accommodations.
- Find out what your school's policy is about providing mental health services remotely.
- Contact the Financial Aid Department to see if your school is helping to connect lower resourced students to access necessary technology to participate online.
- Be your own self-advocate. Identify your needs and work with your provider, professor, school, etc. to get them met.
- Have realistic expectations for yourself during this time of upheaval. It may take a while to adjust. You may have to try several different tactics to find what works for you.
- Stay connected with your professors, classmates, service providers and other supports.
- Use YouTube or other [resources](#) to help figure out ways to get organized and get things done.

Tips to Help You Get Your Work Done

PHYSICAL ORGANIZATION:

- Physical organization creates mental organization.
- Think about creating spaces at home where different types of work can be done.
- Think about the circumstances/ places where you do the best for certain activities. Where do you [write/think/ study/prepare] the best for [each course]?
- Try to simulate what worked for you before. If you used to study in the library with a classmate for a certain class recreate this with video conferencing software.



MENTAL ORGANIZATION:

- Create a daily routine and stick to it.
- Enter all new assignments into calendar making sure to account for any time differences.
- Create daily and weekly to-do lists.
- Create incentives in your schedule to help you get the things you want to do done.

MINIMIZE DISTRACTION:

- Make sure the work space has a clean surface that does not face something distracting.
- Be driven by a to-do list.
- Limit how often you check email: set a daily maximum such as 3x a day.
- Turn off app notifications.
- Put your phone on silent; maybe hide it if it's too much of a temptation.
- Schedule in time to freely "roam" your favorite apps.

ELECTRONIC ORGANIZATION:

- Create an automatic place where you store files.
- Create a standard way of naming files (e.g., last revised date at end of file name).

Online Resources

- A college student's 7 tips for transitioning to online classes: <https://mhanational.org/blog/college-students-7-tips-transitioning-online-classes>
- Helping college students cope with COVID-19: These 4 tips will help your college student weather the coronavirus storm: <https://www.psychologytoday.com/us/blog/college-wellness/202003/helping-college-students-cope-covid-19>
- Managing the stress of living at home for college: <https://www.activeminds.org/blog/managing-the-stress-of-living-at-home-for-college/>
- Sleep, self-care, and sharing a productive, healthy indoor environment: <https://youtu.be/cUgG44KRvMA>
- Supporting college students with mental health conditions in the wake of covid-19: <https://youtu.be/jwGM4IS2oXY>
- Tips to help college students during the COVID-19 pandemic: <https://www.mcleanhospital.org/news/tips-help-college-students-during-covid-19-pandemic>
- Transitions to Adulthood Center for Research COVID-19 resources for youth and young adults: <https://www.umassmed.edu/TransitionsACR/coronavirus/>
- Universities' response to supporting mental health of college students during the COVID-19 pandemic: <https://www.psychiatristimes.com/coronavirus/universities-response-supporting-mental-health-college-students-during-covid-19-pandemic>

Recommended Citation: Mullen, M. G., & Logan, D. (2020). Finishing College Classes During COVID-19. Worcester, MA: University of Massachusetts Medical School, Department of Psychiatry, Implementation Science and Practice Advances Research Center (iSPARC), Transitions to Adulthood Center for Research.

The contents of this tip sheet were supported in part under grants with funding from the National Institute on Disability, Independent Living, and Rehabilitation Research, (NIDILRR), United States Departments of Health and Human Services (NIDILRR grant number 90RTEM0005, The Learning and Working Transitions RRTC). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this tip sheet do not necessarily represent the policy of NIDILRR, ACL, or HHS and you should not assume endorsement by the Federal Government.

This publication can be made available in alternative formats upon request through TransitionsACR@umassmed.edu

