



University of South Florida

## COPING WITH COVID-19 Tips for Managing Academic Stress while Studying Remotely

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~ Lou Holtz

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How do you manage your time?

Do you make to-do/action lists? Are you prioritizing tasks?

Using a planner and writing a schedule and timeline foster mental/physical orderliness and promote emotional well-being, motivation and productivity.

Divide and conquer! Breaking goals up into sub-goals, chunking tasks, makes your goals more doable.

THE COUNSELING CENTER

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Considering when your energy is highest, when you are most creative or productive in the day, and planning study-time accordingly can make a big difference in your process and outcome. Setting boundaries, like saying " No" or " I'd love to help you, but I am busy right now," will help you manage your physical/emotional/ mental resources. Maintaining regular sleep, nutrition, physical activity, health/medical regimens and social interaction are basic to succeeding academically.

You may familiarize yourself with your rights to equitable, accessible education and available resources throughout COVID-19 to obtain accommodations for online instruction as needed at <https://www.ndrn.org/resource/covid-19-and-education-of-students-with-disabilities-resources/> Additional information is available at <http://www.nclid.org/covid19> For assistance with accessing accommodations at USF, contact Student Accessibility Services at 813-974-4309 or at <https://www.usf.edu/student-affairs/student-disabilities-services/new-access-sds/accesssds.aspx>

1. What new or creative positive coping strategies can you think of?
2. What other ways can you think of that may be helpful for you?

#### RESOURCES:

<https://www.ndrn.org/resource/covid-19-and-education-of->