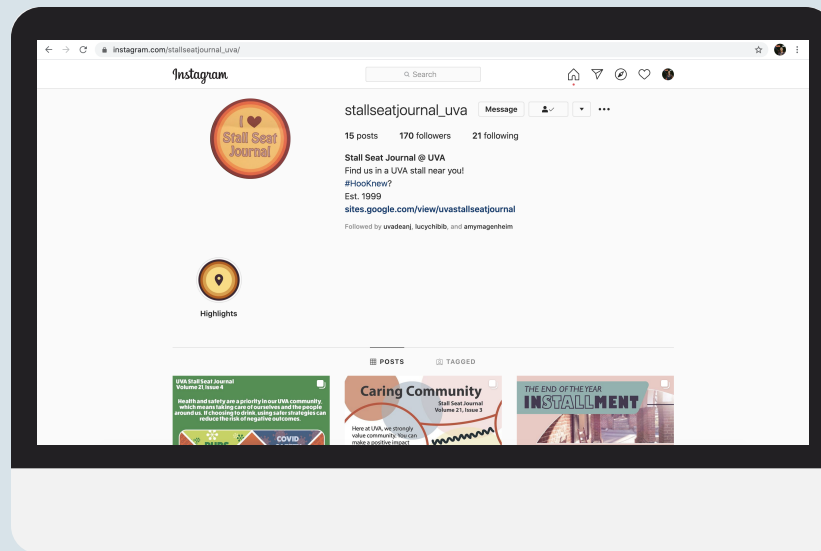
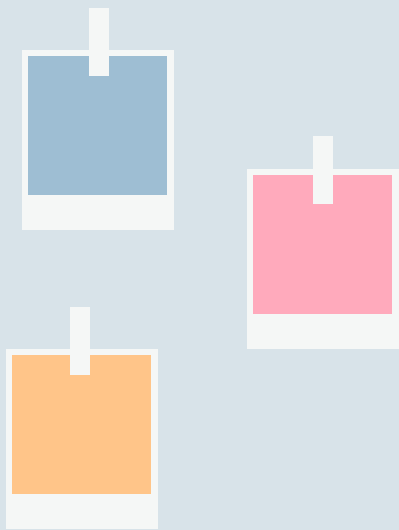
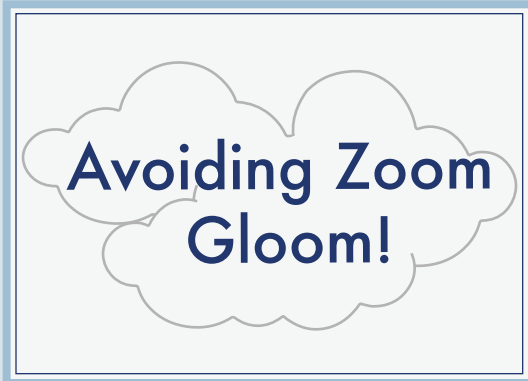


Tips and Tricks for *success*

Balancing responsibilities and wellbeing can help Hoos excel both inside and outside the virtual classroom. Try these tips for avoiding Zoom gloom, setting priorities, exploring interests and getting more involved in the UVA community.



Avoiding Zoom Gloom!

- Place your phone out of reach or use settings like "Do Not Disturb"
- Turn your camera on to stay accountable
- Make sure you're on mute when not talking
- Maintain an organized workspace

Staying Engaged

- Get up, get dressed, and get moving
- Schedule tech-free time
- Choose physical over digital books if available

Avoiding Fatigue



Mute



Stop Video



Security



Participants



Chat



Share Screen



Record



Closed Caption



Breakout Rooms



Reactions

End



HOO? KNEW!

**73% of UVA
undergraduates participate
in physically active hobbies
during their leisure time.***

***From the February 2020 NCHA
with responses from 904 UVA
undergraduates.**

Planning & Priorities

Planning time efficiently can help you stay ahead of work, reduce stress and have extra downtime. One way to prioritize tasks is by organizing them by what you must do, should do, and could do each day.

MUST DO	SHOULD DO	COULD DO
 Eat Lunch	 Take a Walk	 Spend an Hour Tech Free
 Study for Exam	 Go to Office Hours	 Try an AFC Exercise Class

Helpful Tip:

Try using a planner to keep track of daily tasks and big deadlines

Exploring Interests

Get involved and build relationships by attending virtual club meetings, talking to professors and TAs in office hours, and using Career Center resources. Join a club related to your academic interests to connect with older students to learn about classes, majors and careers, or try one just for fun!

Check Out:

@UVA for information on events and organizations.

Madison House for volunteering opportunities.

Ask a Librarian to chat with library services for guidance on paper sources, citations, using technology and more!

For more suggestions, visit the “Resources” tab on our website!