1. **Actively Participate:** treat them like you would an in person class.
2. **Accountability:** set goals each week and be proactive to stay ahead of assignments and exams.
3. **Time management:** consider things like time-blocking to structure your time. Be mindful of the tasks you have and time needed to complete them.
4. **Set up a good study space:** have a dedicated study location with minimal distractions to help keep you on task and focused.
5. **Use head phones** when listening to lectures to help stay focused.
6. **Try to limit distractions:** whether it is social media, app notifications popping up, or streaming your favorite shows in the background, distractions can create challenges.
7. **Be aware of how you learn:** everyone has their own learning style. Consider this as you approach studying and completing assignments.
8. **Use those resources!** keep connected with professors, TAs, and classmates, they are a valuable resource. Pitt also has Study Labs to support you, too!
9. **Screen-time breaks:** let your eyes rest between classes, and try to limit screen time for a bit after each class is completed.
10. **Eat!** Be sure that you are taking time to fuel your brain and body!
11. **Watch your posture:** try to find a comfortable seat that supports your back.