



ROCKY MOUNTAIN COLLEGE
Doctor of Occupational Therapy Program

DISTANCE EDUCATION

How to Be a Successful and Healthy Online Student: Advice from Occupational Therapy Students

STAY ON TOP OF IT

- Keep your regular daily schedule
 - Try to wake up, get ready, eat, and go to bed at regular times
- Create a to-do list
 - Check off completed tasks



SCHEDULE BREAKS

- Work in pockets of time
- Take a break from your screens
- Take breaks between classes to move around



SET UP A WORK ZONE

- Set up a comfortable, well-lit area and designate it for school
- Avoid working from the couch or bed, because you may not be able to focus



ENGAGE IN CLASS

- Participate
- Don't be afraid to ask questions
- Minimize distractions during class time



COMMUNICATE

- Keep in contact with friends and family
- Schedule time to socialize via calling, texting, or using social media



SELF-CARE

- Take a walk and get some fresh air
 - Maintain a distance of 6 feet from other individuals
- Drink plenty of water
 - Aim for eight 8 ounce glasses
- Eat a healthy snack
- Meditate, relax, or do something you enjoy

