



1. Create Your Own Classroom

- › **Don't watch lectures in bed.** It's not great for energy or focus. If possible, find a space where you can sit up at a table or desk, with enough space to take notes as you would normally do in a classroom setting.
- › **Let people who share your space know about your needs.** You may very well be surrounded by people who do not share your need for quiet or concentration



3. Take Advantage of the Online Format

- › **Give yourself a schedule that works for you.** If your class gives you the option of
