

A person is shown from the chest up, sitting at a desk and using a laptop. The laptop screen displays a university website with the word 'UNIVERSITY' at the top and options for 'My Account', 'Login', 'Register', and 'Check with us'. The person's hands are on the keyboard. A dark blue banner with white text is overlaid on the top half of the image.

Adjusting to College Life in COVID-19

Moving forward, OLLU college life is going to look somewhat different due to the effects of COVID-19. College already requires adjusting to and considering the added changes and uncertainties surrounding these times, college can seem more challenging than ever.

Keeping your college journey and safety in mind, the following are some tips for the upcoming semester, what to expect, and how to manage it all.

Challenging Academics

- Keeping up with classes will take some effort – set aside time for working on assignments, studying, note-taking, and reading.
- Pace yourself – try to avoid doing all your assignments in one day and take timed breaks from your work as well. Walking outside, for example, is a great mental break that also benefits your physical health.
- Your grades are up to you but don't think you're in it alone – if you need some help try socially distanced study groups and tutoring sessions. Talk with your professors and don't be afraid to ask questions!

Battling homesickness and loneliness

- Now more than ever is the time to stay in touch and be supportive of one another – connect with family and friends through phone calls, video chats, and social media.
- Have open conversations and share concerns – talk with a trusted family member about how you are feeling. Acknowledge that your parents may be going through their own anxiety and fear over your safety and well-being. Remember that this is a time of new adjustments for everyone.
- Casual conversations are important as well – you don't have to focus on serious topics all the time, talking with your friends and family should be fun too!

Money Management

- Create a budget – make a list of all your expenses like books, food, entertainment, laundry, etc., and remember that your income should equal or exceed your expenses.
- Spend wisely – use student discounts, buy used books, and limit or avoid credit card use.
- Consider working on-campus – look into what jobs are available for work-study.



Maintaining Campus Life

- Attend Campus Events – hosted online and on-campus (under health safety protocols) join in on OLLU movie nights, live concerts, sports events, guest lectures, and more!
- Get involved – online or safely on-campus, you are welcome to join our various clubs and organizations, athletics, and campus committees.
- Keep it balanced – It's best to keep a healthy balance between your academic and social needs so find what works best for you.
- Stay safe – keep yourself and others safe by staying home or by social distancing and wearing a mask when on campus.

Life in a Residence Hall and Living with Roommates

- Have a conversation with your roommates – discuss important issues and concerns upfront and work to address them together.
- Show respect and share responsibilities – it's okay if you and your roommate don't become best friends, but respecting one another and doing your part will make all the difference.
- Follow the residence hall's rules and regulations, especially with regards to staying safe from COVID-19 – share any concerns you have with your RA (Resident Advisor).
- Take care of your physical health – in the event you experience COVID-19 symptoms, call Health Services and make arrangements to quarantine.

Self-Care

- Start with your plate – eat balanced meals and avoid excessive amounts of junk food.
- Exercise regularly – movement is a great way to relieve stress and anxiety. Campus recreation also hosts various classes and offers a safe, clean space for gym workouts.
- Get plenty of sleep – create a sleep schedule and try to go to bed and wake up about the same time everyday which can also add some structure to your day.
- Be aware of problematic reactions to stress – times like these may be associated with increases in substance use so be mindful of excessive use.
- Understand that any anxiety you have over what is currently going on is based on real life concerns – use research-based websites and articles to educate yourself for your advantage but avoid constantly checking the news.
- Have hope – life will get back to normal eventually. Sharing experiences with others will help validate your feelings and experiences.
- Take care of your emotional and mental health – Counseling Services is here to help you and available to all students with no cost.

Reach out to us by emailing counseling@ollusa.edu