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UMaineOnline



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Resources for Remote Learning

Tips For Transitioning to Remote Learning

HOW TO BE A SUCCESSFUL ONLINE STUDENT

- Create a weekly schedule
- Acknowledge the learning curve
- Collaborate with peers
- Check communications often
- Honor academic integrity
- Ask questions
- Check in with your academic advisor often
- Take short breaks

UMaine/UMM Resources

- [UMS Health Advisory — Coronavirus Disease 2019](#)
- [UMaine COVID-19 Information](#)
- [UMS Tools](#)
- [Internet Access](#)
- [DLL Self Guided Help](#)
- [Tips for Online Students](#)
- [Distance Learning Support – UMM students](#)
- [Information Technology](#)
- [Net Tutor](#)
- [Tutor Program](#)

IT Support

Students looking for IT support should visit [UMS Student Information](#).

[Prevent Zoombombing](#)

Feeling Disconnected?

Reach out and connect with others via your @maine.edu accounts:

- [Zoom video calls](#)
- [Google Hangouts Chat](#)
- [Google Hangouts Meet](#)

Online Learning Resources

- [Staying on Track with Online Learning](#)
- [Five Essential Online Learning Strategies](#)
- [21 Tips for Online Success](#)
- [Tips for Taking Online Classes](#)
- [Online Education Success Tips](#)
- [Common Mistakes to Avoid as a New Online Student](#)
- [Smooth Transition to Online](#)

Other Helpful Resources

- [Improving your Zoom Connection](#)
- [Mindfulness for the 'Classroom'](#)
- [Workplace Emotional Intelligence During Global Coronavirus Outbreak](#)
- [How Resilient Leaders Lower Their Stress by Using Emotional Intelligence](#)

MENTAL HEALTH WELLNESS TIPS FOR QUARANTINE

1. Stick to a routine.
2. Get dressed.
3. Go outside.
4. Get up.
5. Talk to people.
6. Hydrate and eat well.
7. Practice self-care.
8. Spend extra time with others.
9. Be quick to forgive.
10. Find your own space.
11. Expect others to struggle.
12. Focus on safety.
13. Practice self-acceptance.
14. Limit COVID-19 talk.
15. Notice the good.
16. Help others.
17. Find something you can control.
18. Start a project.
19. Move around.
20. Be creative.
21. Find humor.
22. Reach out for help.
23. Take it day by day.
24. Remember this is temporary.
25. Find the lesson.

We're Here to Help!

Our advising center can answer all of your questions about remote learning. **Call us at 207.581.5858 or email us at umaineonline@maine.edu.** Setup an appointment today – we look forward to speaking with you!

Virtual Campus

Fogler Library

Counseling Center

Student Accessibility Services

Career Center

Writing Center

Veterans Education and Transition Services

Center for Student Involvement

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