PAL Zoom Workshop

How to Stay Motivated and Set Up a Schedule
Ice Breaker!

How are you all doing?

Click on the poll button at the bottom of the screen to answer a few questions!

We will go over the results later
Setting up a Schedule

- Make a proper schedule!
  - Go over lectures during the times you would have had class
  - Provide templates to help incorporate self-care and school work
- IMPORTANT → remember to connect with family and love ones
Staying On Task

Since everything is online, sometimes we can get a bit distracted

Some Apps you can use:

- Screen Time (iPhone)
  - Allows you to set a time to block distracting apps
- Forest: Stay Focused (iPhone & Android)
  - An app where you can grow a virtual tree - if you touch your phone, your plants will wither away!
- StayFocused (Chrome Extension)
  - Limits the time you can spend on websites that might distract you (like social media)
Self Care!

- Meditate
- Connect with friends and families
- Exercise
- Make delicious (and healthy) meals
- Take naps
- Learn to make an origami
- Try a new hobby!
Drop Classes

- Extended to April 22nd
Credit No Credit Policy

The University has a new policy about CR/NCR

- You can CR/NCR classes, and still have them count towards your program and program entry requirements
  - Faculty still have access to grades, so you still have to fulfill grade requirements
- No limit to CR/NCR, deadline extended to April 22nd
- Not done on Acorn, but through a form on the Office of the Registrar Website
  - Will be released no later than March 27th
- If you need further assistance, please consult an advisor by phone or email
Any Questions?

- If you have any questions about residence:
  - **Call:** 905-828-5286
  - **Email:** resdesk.utm@utoronto.ca
  - **Instagram:** UTMResidence
  - **LiveChat:** UTM Residence Website
Thank You!

Reach out to your Dons/PALs for any questions or assistance :)