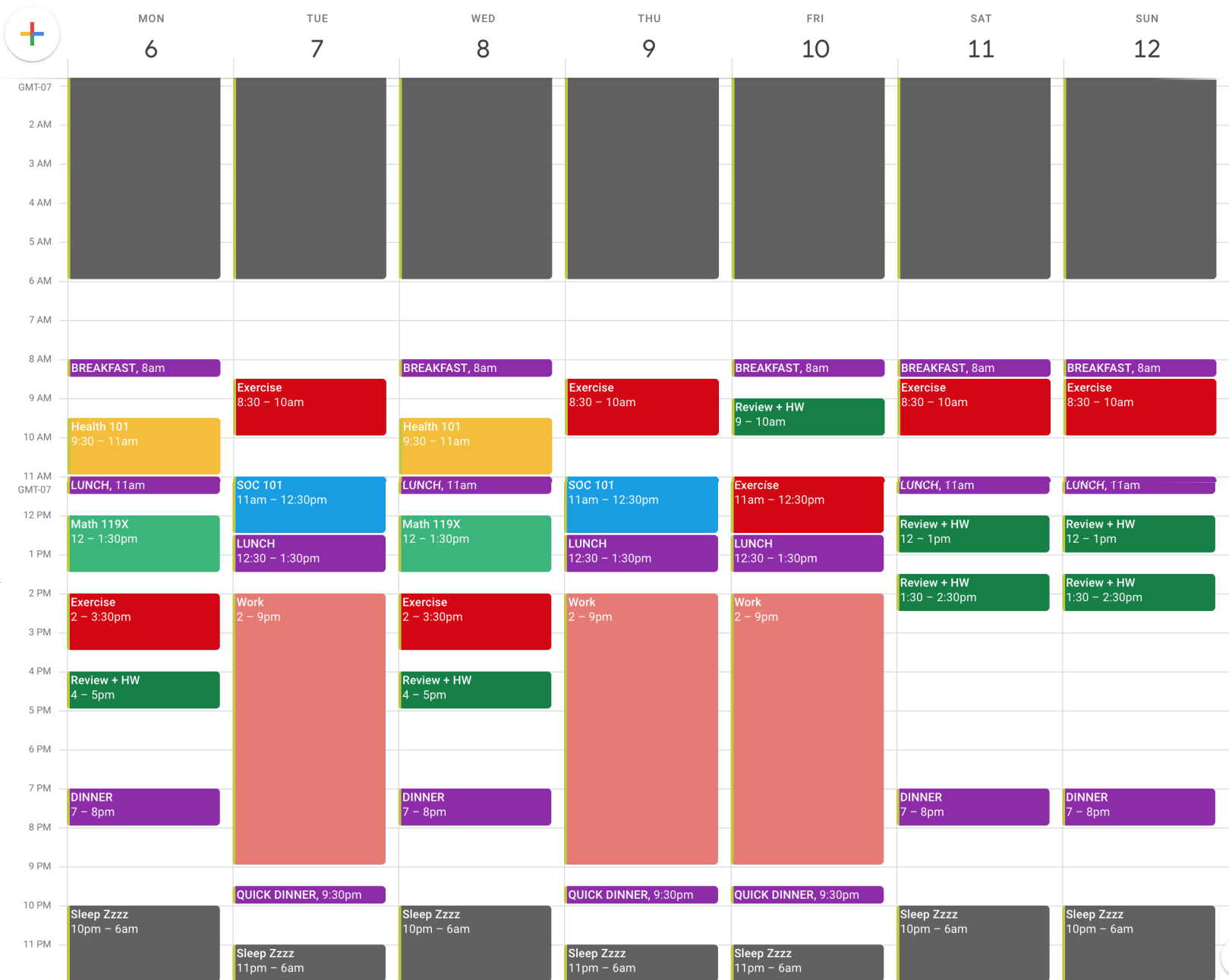


EXAMPLE

ONLINE

SCHEDULE



Creating Your Schedule

- A+ Plan class time around your in-person class schedule
- A+ Don't forget to include review + homework time as well
- A+ Take 15 minute walking breaks from your computer, reading, or other screens every hour
- A+ Schedule in when you will eat so you don't forget or mindlessly eat throughout the day
- A+ Plan "self-care" time too. This includes calling friends, using mindfulness apps, or doing something fun