



University of South Florida

COPING WITH COVID-19 Tips for Managing Academic Stress while Studying Remotely

~ Lou Holtz

How do you manage your time?

Do you make to-do/action lists? Are you prioritizing tasks?

Using a planner and writing a schedule and timeline foster mental/physical orderliness and promote emotional well-being, motivation and productivity.

Divide and conquer! Breaking goals up into sub-goals, chunking tasks, makes your goals more doable.

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Considering when your energy is highest, when you are most creative or productive in the day, T432(e)d

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