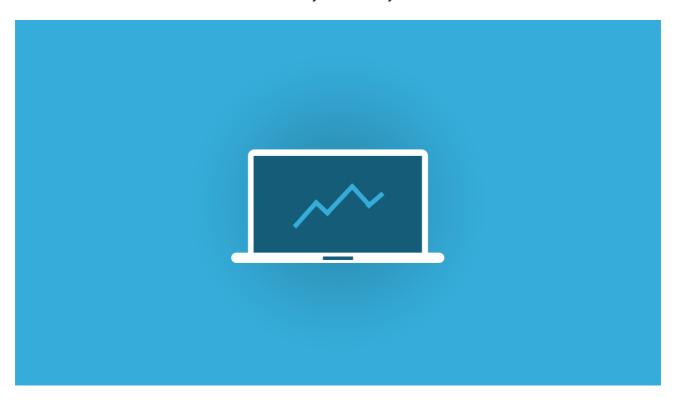# 10 Tips for Taking Online Classes

These are feelings that all online students face at some point, so I just want you to know that you are not alone and what you currently feel is normal.

- [ ] 1. Wear blue light blocking glasses to protect your eyes.
- [ ] 2. Plan your weekly and daily tasks ahead of time.
- [ ] 3. Attend classes and don't just podcast.
- [ ] 4. Utilize office hours.
- [ ] 5. Designate times for meals and breaks.
- [ ] 6. Form study groups.
- [ ] 7. Have "me time" or a self care day.
- [ ] 8. Reach out to friends.
- [ ] 9. Avoid Cheating.
- [ ] 10. Suck it up, sit down, and just start working.