

## Strategies for Success in a Virtual Environment with School of Business Peer Advisors

[00:00:00] **Kayla Hogrefe:** [00:00:00] Hey everyone. Welcome to another episode of the launch podcast. This is Kayla Hogrefe, academic advisor for the school of business at UConn Hartford.

[00:00:17] **Emma Bjorngard-Basayne:** [00:00:17] This is Emma Bjorngard-Basayne, academic advisor at the Stamford campus.

[00:00:21] **Kayla Hogrefe:** [00:00:21] In this episode, we're going to speak with three of our school of business, peer advisors, and their names are Ellie Schmus from the Waterbury campus.

[00:00:29] She's a business administration major. We have Catherine Lainas from the Stamford campus, financial management major and Jordan Wang, who is a Storrs campus student who is a finance major.

[00:00:39] **Emma Bjorngard-Basayne:** [00:00:39] And they will talk a little bit about different strategies that they implemented this semester to be successful both academically and personally, as we're moving through this together, they talk a little bit about joining clubs and how that helps.

[00:00:55] They're also student leaders, so they have leadership positions in clubs. So they talk a little bit [00:01:00] about that how they change their study schedule now, and we're fully online. So a lot of good tips

[00:01:06] and tricks for you to think about it.

[00:01:07] **Kayla Hogrefe:** [00:01:07] And we heard you when you said that you wanted to hear more student voices and less of me at Emma. So we wanted to bring you some student experiences that you can relate to. And some student voices that give you some really clear takeaways and tips. To help you succeed academically, but even besides academically, how you can stay in touch with other students and peers and faculty to that, you can be successful in the upcoming semester too.

[00:01:34] In case you're not aware, the school of business has a number of peer advisors across all of our

[00:01:40] campuses where we offer major programs. And their purpose is to support our first and second year students primarily, but they also serve as a resource for juniors and seniors as well. You can chat with peer advisors through our website. We have a little chat feature there, but their information is also on our peer advisor webpage. If you want to email [00:02:00] them and be in touch with them that way too. And truly, I feel like they are one of our greatest untapped resources for students. Because these students are they're upperclassmen and they have a ton of experience in the school of business and at UConn across different campuses.

[00:02:15] So they're so helpful and so supportive.

[00:02:18] **Emma Bjorngard-Basayne:** [00:02:18] So let's listen to ellie, Jordan and Catherine give you some good advice for how you can be happy and academically successful this semester.

[00:02:37] Please introduce yourself. Tell us your name, your majors and the campus.

[00:02:43] **Ellie Schmus:** [00:02:43] My name is Ellie schmus. I am currently a business administration major. I am a sophomore at the Waterbury regional campus.

[00:02:50] **Catherine Lainas:** [00:02:50] My name is Catherine Lainas. I'm currently in financial management at the Stamford campus as a junior.

[00:02:56] **Jordan Wang:** [00:02:56] My name is Jordan Wang. I am a [00:03:00] senior finance major at the Storrs campus.

[00:03:03] **Kayla Hogrefe:** [00:03:03] So we're just wrapping up a really unique semester and a half where we were lots of online and virtual learning. Can you explain what the delivery modes of your courses were and what your experience has been with the online and virtual learning?

[00:03:19] **Ellie Schmus:** [00:03:19] My delivery mode of my courses has kind of in a variety. Like not all my courses are the same. For instance, some of my professors really liked doing like the zoom as in, if it was like a lecture and we were holding a class in person, a few of my classes, it was just independent where they would post on Husky, CT, the assignments, and you would have to do it by yourself.

[00:03:41] And. So it was a mix of whatever the professor was comfortable with and what the course was. So they would depend basically on that aspect,

[00:03:49] **Catherine Lainas:** [00:03:49] mine was about the same as well. And I personally enjoyed the asynchronous classes more because I was able to do the work on my own and pace [00:04:00] myself that way.

[00:04:01] **Jordan Wang:** [00:04:01] And so this is Jordan. I would say my classes were very similar to Ellie and Catherine and that. There was a split between online, purely online, where you could start and learn whenever there were no live sessions. And then a few of my classes had those live sessions, which were interesting.

[00:04:22] **Emma Bjorngard-Basayne:** [00:04:22] So what would be two to three things that you learned as a result of being an online learner now for a semester and a half?

[00:04:32] **Ellie Schmus:** [00:04:32] I'm going to say that online learning is definitely a challenge for me. I've always been an in-classroom student learner. That's just how I learn best. But. What I have learned and like being organized, having a planner is really going to help you. Like, I always use the remind app actually, and it's helpful to motivate you because I feel that when you are in your own house, sometimes you can get caught up and distracted and not dedicating yourself to [00:05:00] your work.

[00:05:00] And also. Taking advantage of breaks. Even screen patients, we like to call the, I know, launch released a program about that. I truly believe that you need to take a break from your screen. So I liked going on walks, hikes, meditating, stuff like that. So those are some things that I learned.

[00:05:17] **Kayla Hogrefe:** [00:05:17] What was the app that you mentioned and how does it work?

[00:05:21]

[00:05:21] **Ellie Schmus:** [00:05:21] I use it on my iPhone. I mean, I, I'm assuming that all phones have something similar. You can download remind apps on the app store, just on the iPhone. And it's literally called reminders and I just set reminders on my phone and that's it.

[00:05:36] **Kayla Hogrefe:** [00:05:36] But I thought you meant like a special, there was like a special app that you can get a special app for it.

[00:05:42] **Ellie Schmus:** [00:05:42] I have talked about it with my mentees, your. I said, like, if you don't have an app like that, there's so many out there that you think actually load. So that was super helpful for me.

[00:05:51] **Catherine Lainas:** [00:05:51] I would agree with ellie and writing things down. I think in previous semesters, I've gotten able to just remember things and having conversations with my [00:06:00] peers about assignments that are due, but really being on my own semester.

[00:06:04] I important it is to actually write things down so that I'm not forgetting things or waiting to the last to complete assignment. And because it then just pops into my mind. I also think. It's important to plan ahead. What's really something that's really helped me this semester is writing down due dates on my syllabus so that I knew in upcoming weeks, if I had an exam or a project working on that in increments, rather than working on it a couple of days before trying to cram studying,

[00:06:31] I

[00:06:32] **Jordan Wang:** [00:06:32] think that Catherine and Ellie really, really hit on some of the key things, but I'll, I'll share my own perspective.

[00:06:40] So I, I don't have the one and a half. I only have the one semester because I was actually abroad in London this past spring, and we were called back. So I kind of for better or worse to not have to do the online learning transition right spring. I think that for me, the two big things, things that come to mind in terms of [00:07:00] lessons I've learned from online learning.

[00:07:02] Yeah. And the current learning environment is as Ellie and Katherine both said, it's really hard to manage your schedule. And time when you're learning remotely. I think that's a huge challenge and there are a lot of different tools available to students. So for me personally, I just love to use my Google calendar and I lock in more time than I need for me to yeah.

[00:07:27] Work on specific projects. I also have, I put all of my major assignments into my calendar just to make sure I'm up to date on what I need to get done in a given week. But I think one of the biggest takeaways I have is even before the pandemic, I knew that I was not good at online learning, and I just knew it from being ingrained in me.

[00:07:50] And I think this, this learning environment really illustrates to me and other students how important it is to really know how you learn and what your [00:08:00] learning preferences are, because only then can you adapt and really be able to. Work with yourself in these very challenging times to succeed academically.

[00:08:11] **Emma Bjorngard-Basayne:** [00:08:11] Can I ask a quick follow-up question? So I'm just curious, you know, cause you all have been describing, you know, how you've been approaching online learning. I was wondering, did you have a conversation at all with your families about like, you know, I'm studying at these time during these timeframes and I need silence during those times, or how did you approach those conversations?

[00:08:33] **Ellie Schmus:** [00:08:33] I'm going to be completely honest. And I think everybody can acknowledge this when you live in a family, the household, the chaos of family is bound to be there. So it's kind of about finding a quiet space that works for you. There've been plenty of times when I was in like a zoom class or I was in the middle of writing a paper and I had to ask, you know, could you like please quiet down?

[00:08:56] Or I would just go out and find them. A quiet space [00:09:00] in my household, but that's basically how you maneuver through it. So that, that's all I say.

[00:09:07] **Catherine Lainas:** [00:09:07] I agree with Ellie a couple of my classes actually this semester were from six 30 to 9:00 PM. So it was a weird time for me though. Little bit more teaching than having a class during the day where no one's ruined.

[00:09:20] So that was a little challenging for me, but I would just always go downstairs. It'd be like, Hey, I have class from six 30 to nine. Like, would you mind keeping it down a little bit? Just so that no one would come barging in my door or like, come and ask me questions or something or ask me to do something while I was trying to either present in a class or just listening.

[00:09:39] **Jordan Wang:** [00:09:39] Yeah, I think, I mean, I, I work in the busiest part of my house because everyone has to walk by me because it's just how my house is set up or I have to sit here or else I don't get any wifi in the house. So it's been a really big challenge for me because I [00:10:00] can't necessarily escape unless I want to like force myself into the basement, which I.

[00:10:06] Really hate because I prefer having some natural light. But I think one of the biggest and best investments I ever made college was binding noise, canceling headphones. So block out the sound from the rest of my family, you know, it's. It's really good to just kind of put the headphones on and you know, you don't have to worry about all of those little sounds that might get to you.

[00:10:30] Another thing though is, you know, it's, it's different. It really is different working with family because I have to like coordinate with them almost in terms of like potential meal times like before, while that's stores. I could just walk to a dining hall and grabbed food, but now it's like, there's scheduled times where people are cooking.

[00:10:50] And especially this semester, when a lot of my classes are like in the middle of the day, it took some time to kind of work with them and get into that pattern of [00:11:00] letting them know. And I'm just doing certain things so that they, they just knew that to plan around it.

[00:11:06] **Kayla Hogrefe:** [00:11:06] I'm going to go off with a question because we've talked a lot about the challenges of online learning. But one thing that I think, well, that's been really challenging for all of us, like faculty, staff and students is the fact that like, sometimes we're like, what was our. Families, but we're not, we don't get to see each other face to face and sometimes we feel isolated. And so I know that I've really been missing that in-person collaboration and I'm sure that you have to with your group projects and study groups and things like that. So what were some ways in which you overcame that? How have you have you overcome those kind of feelings of being alone or isolated and, and have you managed to connect with your peers?

[00:11:46] **Ellie Schmus:** [00:11:46] So I'm going to first start off with that. I'm a huge extrovert. I'm a social butterfly. So this isolation hit hard because I enjoy talking to people and meeting people in the classroom.

[00:11:58] And. Study groups are not only [00:12:00] a great way to learn and like help each other, but it's a great way to make friends. And in some courses I was able to have that and others, I wasn't. So I think that's, it really depends on how the class is being held. Group mate is an amazing app and I had plenty of study groups through there.

[00:12:17] So that was awesome to have. And then through nexus, you're also able to make study groups. So with certain people in my class, you were able to do that and like collaborate with each other. So in some classes I was able to overcome that and others not so much. So it depends, I think on how the course is being instructed.

[00:12:35] **Catherine Lainas:** [00:12:35] I would definitely agree with terms of how the course was being delivered. That definitely changed how I would go about things with groups. We as a junior, I've made a lot of connections in the school of business. So it's nice having friends that are in all of my classes that I've known for a couple of years now. And so we would group FaceTime sessions and like sometimes for schoolwork also [00:13:00] non-school work just to be able to socialize because my freshman and sophomore year, we all lived together in the same dorm. And we would always go to the study rooms that were in the dorm together and do work. And so try to recreate those times through FaceTime.

[00:13:15] **Jordan Wang:** [00:13:15] Okay. So I would say that for me, the isolation from my peers is still a continuing challenge for me. It's, it's not easy. Being at home and especially with how everyone else, you know, where, what they're doing. It's hard to connect with my friends and peers. I think that for me, I, I try and reach out to friends whenever I can, and

that helps me whenever I can actually get a hold of them, it helps me kind of distress and get some sort of social interaction outside of my family.

[00:13:52] Which is nice. But. It's still a challenge and I currently don't necessarily have a [00:14:00] way of overcoming it. I think it's just, I think it's just something that I'm still playing around with, but, you know, in terms of like school and classes wise I have been lucky that, you know, as a senior, I do know a lot of different people already within the school of business.

[00:14:16] So for some of my classes, it's, it's easy because I know that. No, I signed up for this class with this person. So, you know, I can reach out to them for help group projects wise, I've always thought could go one way or the other. Like they could go really positively or go really negatively. And I think that this semester I, I had that where, you know, some group projects, you know, they're, they're nice to be a part of But, you know, it's a lot of work and we've been able to get the job done on other hands, you know, I've had some really terrible group projects, you know, so yeah.

[00:14:51] I feel like the pandemic has made, even though it's made group projects, you know, easier in terms of planning and timing, it's. It's become a lot [00:15:00] more work to kind of manage and work on these projects throughout the current semester.

[00:15:06] **Emma Bjorngard-Basayne:** [00:15:06] I'm going to add on the point that you're making about, you know, finding ways to make connections with students. So, one thing that I tried this semester and I was able to do this cause they used to be a grad student at UConn. I actually joined the. Native American and indigenous scholars association, so that I would have, I have like a weekly meeting that I went to and make like new connections and friends, which totally helped me. And I was like looking forward to the meetings every week. So for students out there listening joining clubs that are meeting virtually is very helpful for those types of like new social interactions. So I thought I would throw that out there.

[00:15:48] **Ellie Schmus:** [00:15:48] I mean, it has to do with what you said, Emma and Jordan. I do want to bring this up, that my peer advisor position, I have been very, very thankful for because it's very different than what I thought it was going to be. But the [00:16:00] fact that I got to meet with other and like, Kind of create a bond with advisors from different campuses. I really enjoyed that. And I've been, even though it's been virtual, like our meetings I've enjoyed and I've been able to meet people that I don't know if I would've met because we're all from different campuses.

[00:16:15] So there is a positive to that, that meeting virtually, we were able to connect with people that you don't know if you would have beforehand. And clubs are a great way to meet people. I do have weekly meetings and clubs that I went to this semester, and that was great. It was like my social time and time to see other sea of people through a screen.

[00:16:34] **Kayla Hogrefe:** [00:16:34] I want to thank you both. And you too Jordan, first sharing and no. It's been really hard. And I think it's helpful for the students in that position to know that they're not alone, like we're all kind of in the same boat. And we don't, I don't necessarily have the answers either, but I think doing the best we can in terms of like Emma

said, joining clubs and organizations, and those sorts of things are really, really beneficial in the long run.

[00:16:57] But thanks for sharing. I think it's helpful for students [00:17:00] to know that they're not alone.

[00:17:01] **Emma Bjorngard-Basayne:** [00:17:01] So the next question that we have for all of you. So what challenges did you face in terms of learning throughout spring and fall? And what strategies did you implement to be successful as a result?

[00:17:14] **Ellie Schmus:** [00:17:14] This is Ellie talking and I do want to say we've all established that we've all had challenges throughout this.

[00:17:21] Semester, but something that really helped me this semester is with a course that I was really struggling in the online tutoring was a serious help. I was honestly hesitant to go to at first because I'm like, okay, if online learning, isn't my thing is online tutoring even going to help and benefit me.

[00:17:36] And surprisingly it did. I actually, the way that the tutor instructed was like more my method of learning then compared to how the professor was instructing it. So that was a helpful aspect. So having resources like that when you are struggling, like we were still able to have tutoring available, which I'm extremely thankful for.

[00:17:57] So that is one challenge that I was kind of able [00:18:00] to overcome.

[00:18:01] **Jordan Wang:** [00:18:01] So in spring I was in London and that was its own unique challenge. Because you know, you're learning in a foreign country. There's different professors, different teaching styles, you know, I think studying abroad and the, you know, learning abroad was that unique challenge was that is, you're not at UConn and you don't have necessarily the same resources or drive as you would if you were at your home institution.

[00:18:30] But I think. For me looking back in the spring, it was really useful that I had a goal. I was focused on throughout kind of my time there. And I kept track of what I needed to get done, but I think I applied what I kind of knew over the past few years. And when I learned in London, To the, this current semester, because I started out not really having a previous experience with online learning and its full capacity.

[00:19:00] [00:18:59] And I had started out kind of just going, trying to handle it as a normal semester. And it didn't really work out that well for me. I think, you know, usually for me, what I would do is like plan a few weeks in advance. I, Oh, I put a lot of. Time during the week and on the weekends, it's every single course I was working on and I found that just wasn't possible for me.

[00:19:22] At home. I knew before I went in to my year that I was going to be significantly handicapped at home, just because I knew I wasn't going to be able to put in enough time and energy into all of my classes. And I had a full course load. In fact, I was probably going to be one of my toughest semesters.

[00:19:41] So I had to actually plan beforehand and I withdrew from a course preemptively before the semester started, because I knew that I could only manage so much of my schedule with the limited time and energy I had. And that was a tough decision because it was one of the classes I really [00:20:00] wanted to take.

[00:20:01] And I had planned for since freshman year, it was the student managed fund program. And so I was, I was disappointed to withdraw from that, but, you know, looking back on. This current semester, it was a correct decision to make. And, you know, I think in terms of all of my other classes, I've had to, I found that I work better at night.

[00:20:19] So I've scheduled significant amounts of time at night. And for me, I've also realized it's better for me at home to work on a single assignment at one time, rather than divvied them up over the course of a week. So, you know, Thursday afternoons. I work on one class and I'm taking a lot of opium classes.

[00:20:38] So a lot of them are coding. So I'll spend five hours on this one coding project. And then the next day I'll spend another five hours on this other classes, coding yes. With, with breaks. But you know, for me, I found that. Instead of like over a course of a day, I could at most probably handle two subjects.

[00:20:59][00:21:00] Not necessarily looking at all four or five of my classes.

[00:21:03] **Kayla Hogrefe:** [00:21:03] What are some things that you think were beneficial in terms of remote learning that maybe you hope continue. Even when we get back to quote unquote normal.

[00:21:13] **Ellie Schmus:** [00:21:13] I think being able to continue, I don't know if this would be able to happen, but having all of the campuses like being able to communicate amongst each other, for instance, like my peer advisor position, I hope that continues where like all the campuses are still able to connect.

[00:21:28] If there's a way for people to take online courses through other campuses, that would be really beneficial. I feel because some people did really love online learning. It's more their style. So. Aspects like that and being able to stay connected amongst each other, because there are many campuses at UConn, but at the end of the day, we're all UConn students.

[00:21:48] So I think that'd be a nice piece to continue.

[00:21:52] **Jordan Wang:** [00:21:52] I think that for me, for better or worse online classes, the benefit I saw was the flexibility. [00:22:00] And how I handled the schedule. I think. For some classes that was a very big advantage because I could plan to learn all, all of the necessary materials in a week, on a given day, instead of, you know, having to spend a specific time period within a day, over the course of a week on that class, however, you know, it was also almost difficult to get into the pattern of scheduling.

[00:22:25] So, you know, in some sense I do appreciate the flexibility. Which I hope stays. At the same time, you know in person offers, you know, allows you to kind of develop a



schedule that you're used to. So I think a combination of those two would be ideal, but you know, this is my last semester in concept.

[00:22:46] It's not like it's going to be a big deal afterwards.

[00:22:49] **Ellie Schmus:** [00:22:49] Mental health is, is very important, especially in a period of isolation. I feel that a lot of people have struggled through that. So I do want to say that I have I have always taken mental health seriously, [00:23:00] but I think a lot of students have to realize the importance of taking breaks and taking care of yourself.

[00:23:04] Because I believe that if you're not okay up in your brain and head that you're not going to be okay anywhere else, like physically, emotionally, so. Taking care of yourself is a top priority and that needs to continue no matter for an online semester or in person.

[00:23:19] **Emma Bjorngard-Basayne:** [00:23:19] One thing like just going off of that, Kayla actually made me into a runner pandemic started.

[00:23:24] Cause I was not like I would just walk, you know, like a pale at the gym and then she's like, Oh, maybe, you know, you know, running it's nice outside. So I started doing that in the mornings and I just like help so much just with my mental health and I felt more efficient like throughout the day. Okay. I think this is our last question. So what are your biggest pieces of advice for other students as we gear up for another, you know online, remote learning semester,

[00:23:52] **Ellie Schmus:** [00:23:52] I think it basically summarizes all the tips that we've established in this podcast. So more, you know, taking [00:24:00] breaks is important. Taking care of yourself. You got to learn how to manage your time well, I think time management is a huge. Like it's very important in college, no matter what, but I think it's really pushed students to the importance of it this semester and virtual ones, because you can get distracted easily in a house environment and. I would say, like take things that helped you from virtual semesters.

[00:24:25] For instance, I liked using my planner on top of like a whiteboard calendar, being able to write my due dates out virtually I liked planning my weeks out every Sunday night, and that was a huge help. So just continuing to do tips that you were previously doing that helped you out a lot.

[00:24:43] **Catherine Lainas:** [00:24:43] I think Ellie covered all the bases. One thing that I add is personally, during this winter break is planning out the semester. Maybe the semester starts because that's something I wish I did in the summer before this fall semester [00:25:00] starts. And I think it'll help me go into the spring semester with a better mindset.

[00:25:04] **Jordan Wang:** [00:25:04] Yeah, I think what Ellie and Catherine said, both are really great.

[00:25:09] I think one thing I didn't mention, but it kind of summarizes what I think of virtual learning is that, you know, you kind of have to accept that it is what it is. And that's, what's

going to be going on and tackle it, tackle that challenge. If it is a challenge for you. Head-on you know, I think asking for help is.

[00:25:29] Really important. It's completely fine. And in fact, it's actually very, almost courageous to ask for help when you need it. And I think that, especially in the environment that we're in, you know, and we know if remote learning didn't work well for you this semester, it's probably not going to work well next semester, you know that it's going to be a challenge.

[00:25:54] So you accept that and do your best. And part of that is, you know, asking for [00:26:00] help utilizing your resources and, you know, you know, what challenges are gonna come up again. So you have to, you know, take some time to plan around what you can do to mitigate those. And you know, I think. Every semester is kind of like this, but it's kind of like a race and you're kind of trying to race till the end of the semester.

[00:26:19] So I think planning for you to kind of how it's going to get you from started the semester, till the end. What are the tools and tips and tricks that are going to get you there? Who can you ask for help to help you get there? I think that's ultimately, I think. One of the biggest parts of online learning.

[00:26:39] If it is a challenge that will help you succeed,

[00:26:42] **Kayla Hogrefe:** [00:26:42] anything else that anyone wants to share or reflect on from their experience from this semester?

[00:26:49] **Jordan Wang:** [00:26:49] You mentioned like clubs and organizations. And I think that's like, that's so important. For me though, because I'm like a student leader in an organization, I think [00:27:00] it actually.

[00:27:01] For me from a student leader and organizing all these events that it's actually a lot of work and a lot of energy for people in my position to kind of spend time to think about events that'll be held remotely. That will be interesting to students, helpful to students. And I think, you know, if you, if you are from the student perspective, you know, you want to join the things that you're more interested in.

[00:27:25] And I think that's perfectly. All right. And I think, you know, this might be a great time for students to step up and take the reins. If they're arising through the college to take on additional responsibility and to help organize events, help student the clubs they're in. Develop new ideas for things to do.

[00:27:45] I think a lot of student organizations potentially are struggling with figuring out, you know, what to do that would be enjoyable for students, you know, aside from like, they're thinking, Oh, I don't want to necessarily have [00:28:00] everyone play Pictionary again because I know I've read the five other clubs before us have played Pictionary.

[00:28:08] So I think, I think it'd be useful for you know, it'd be great for students to kind of take on that additional responsibility.

[00:28:16] **Ellie Schmus:** [00:28:16] Yeah. To back off of what you said, Jordan, I was going to go into more detail of my leadership position that I have, like, so I'm a part of associated student government on the Waterbury campus.

[00:28:26] And. Even though it's virtual. I did a lot of work this semester to make sure that there were events that students can take advantage of to take breaks or, you know, to enjoy some things. I worked really hard on the event I created called like Husky kids. So it was a combination of stuff, a Husky along with other.

[00:28:46] Like merge items that were in it and like little snacks. And I created like a pick-up drop-off system. And I felt I communicated with other higher ups on campus to make sure that this could happen because I wanted students to be able [00:29:00] to have something to look forward to. And then towards the end, we were able to finals kids and it was a surprise that they were like shipped to student's houses at the Waterbury campus.

[00:29:08] So it's more like I tried to make things. For students to look forward to because since I'm only a sophomore at my freshman year, I really appreciated the social events that we were able to have. And since we weren't capable of doing in-person ones, I wanted to make sure some aspect was still there through a virtual semester.

[00:29:28] And, you know, there were little enjoyable things because we need that and in a time of isolation. So yeah, I agree with Jordan that it is a time to step up and. Have students take advantage of positions in clubs is not only a great way to socialize, but to make a difference on your campus.

[00:29:48] **Kayla Hogrefe:** [00:29:48] So thank you so much all three of you for sharing your experiences and being so open and honest.

[00:29:54] I think a lot of students like to hear from other students, especially through this [00:30:00] podcast and know that what they're experiencing isn't unique to them and we're all facing some challenges, but there are some good strategies and ways to get through this time together.

[00:30:11] That was Jordan Catherine and Ellie sharing their tips for success for this upcoming virtual semester. I hope you found that helpful. Emma, what stood out to you?

[00:30:20] **Emma Bjorngard-Basayne:** [00:30:20] So one thing that stood out to me, there are many things, but one thing that we could start talking about was Jordan's point about how he kind of changed how he approached studying for each of his classes.

[00:30:34] So he mentioned something about how before he could kind of like divide up his. Like, you know, study for X amount of time for this class and then X amount of time for that class that he could do it all in one day. So focusing on different topics like throughout the day, but now he's had to change so that he is dedicating longer time in one day for one class, like doing the homework for.

[00:30:58] One class at one time. [00:31:00] So I thought that was interesting. And I can see why that might be the case because you're trying to, you know, get through maybe more

discussion posts online. So it's just like easier to focus your time on one course. For a longer period. So that was something that stood out to me.

[00:31:16] That was interesting. And I'm curious if other, if our listeners have had the same experience and if not, maybe that's something that's worth trying this spring semester.

[00:31:26] **Kayla Hogrefe:** [00:31:26] Yeah, I agree. And it, the importance of being really intentional with your time and your strategy, I think sometimes. The students will just sit down with their materials or their books for all of their classes all at the same time and kind of just read through and see what sticks.

[00:31:41] But it's really important to be intentional and use your study strategies and your time management strategies. That way. One thing that stood out to me is Ellie explaining the importance of staying connected and staying involved. She was speaking specifically about student organizations, but I think when students are connected with one another and [00:32:00] especially in this virtual setting, avoiding those feelings of isolation by staying connected and making an effort to be involved is really important because it contributes to your mental health and your emotional wellbeing, and that affects your academic performance too.

[00:32:13] So that was one of the things that stood out to me as, as being really important for success in a virtual semester.

[00:32:20] **Emma Bjorngard-Basayne:** [00:32:20] I also liked how Jordan mentioned that he kind of put some responsibility onto the listeners where if you haven't been involved this past semester in clubs to, to maybe get involved this semester, and if you're in the club, maybe this is the perfect time for you to, you know, take on some leadership responsibilities, maybe helping to plan an event and really help the leaders of the club, but be creative and just.

[00:32:47] Stay motivated. So I thought that was a good call to action for the listeners. And it really is a good way to make new friends and then once we're back in person, but we can all meet up together and connect

[00:33:00] [00:33:00] **Kayla Hogrefe:** [00:33:00] Emma and I really encourage you if you're listening and your business. Students are honestly, even if you're not a business student, you're just somebody who's interested in, in business.

[00:33:09] Please reach out to our peer advisors. If you're a first or second year student, they reach out to you periodically throughout the semesters. And they're really one of your number one resources, they're on your side and they want to help you succeed. So make sure that you're, you're utilizing them as a resource.

[00:33:25] **Emma Bjorngard-Basayne:** [00:33:25] Cause they really know your experience, right? They've been in your shoes. So who better than someone who is, you know, your age who's going through this with you at the same time. Like they are also going through this learning experience, transitioning online. So definitely take advantage of them.

[00:33:43] **Kayla Hogrefe:** [00:33:43] Yay. Peer advisers. All right, everyone. Thanks for listening. And we'll catch you next time. .