

STUDENT ADVISORY COUNCIL

TIPS TO BEAT QUARANTINE

Duration: < 5 min



HEY CSE!

With our recent move to remote learning and living, SAC wanted to put together a few tips that might make settling in a little easier for you.

This list is by no means comprehensive, nor do we claim it to be the best one ever—we just hope that everyone can get something out of the tips below :)

Cheers!

SAC

SAC: TIPS TO BEAT QUARANTINE

ACADEMICS

GET YOUR BRAIN IN STUDY MODE

You can condition your brain for increased focus and performance by dedicating a specific time and place to work.

Having a place in your house **exclusively for work**—

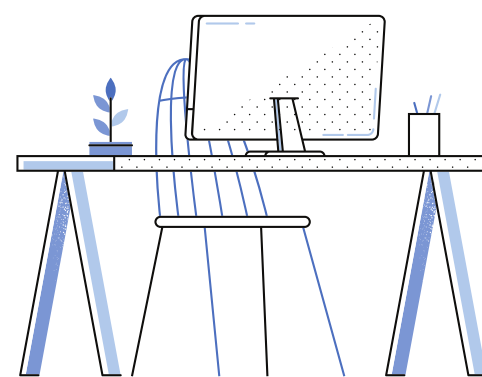
an office,

desk,

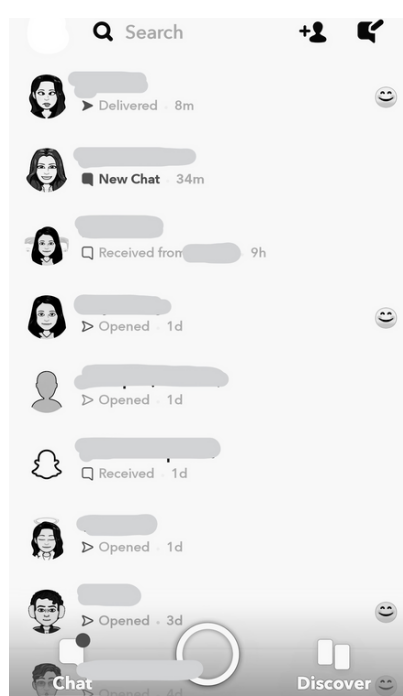
corner of your bedroom,

a specific seat at a dining room table

(and not just your bed ;P)



—can increase your productivity when you work in that space.



*Try switching your phone to grayscale!

Changing your display settings to **black and white** make technicolor apps like Snapchat and Instagram a lot less appealing—you won't be as tempted to reach for your phone!

How to: <https://lifehacker.com/change-your-screen-to-grayscale-to-combat-phone-addicti-1795821843>

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ACADEMICS

WATCH LECTURES AT NORMAL SPEED

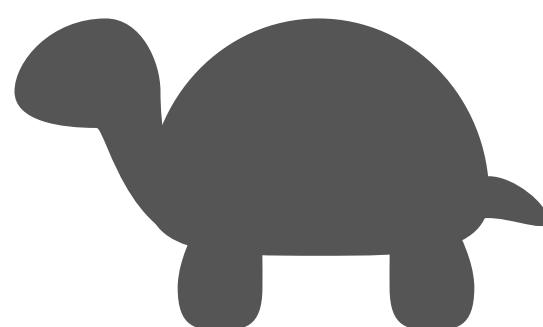
We're all guilty of watching our lectures at 2x speed as a "time saver", but this can greatly hinder our learning. Research has shown that watching lectures at even just 1.5x playback speed can lower students' retention and overall reduce performance on tests.

Faster playback speeds are especially ill-suited for complex material.

A DOCUMENT FOR COURSE LOGISTICS

In the world of online lectures, there are a lot of things to keep track of, between Zoom links, online resources, and more. Instead of searching this info up every time you need it, **create a single document** (e.g. Google Doc) for all of your course logistics information.

To-do: Take notes on important class policies and save the times and Zoom links for all of your lectures, sections, and office hours.



Important Links - Spring 2020

Example Class 1

- Lecture Zoom link: <https://zoom.us/j/your-link-here>
- Quiz section Zoom link: <https://zoom.us/j/your-link-here>
- Canvas website: <https://canvas.uw.edu/your-link-here>
- Syllabus: <https://courses.cs.washington.edu/your-link-here>

Upcoming deliverables

- Homework 1 due April 23
- Midterm May 3

Example Class 2

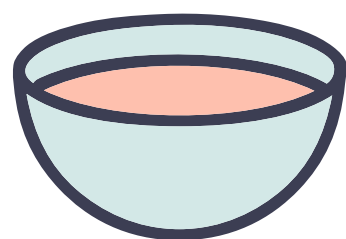
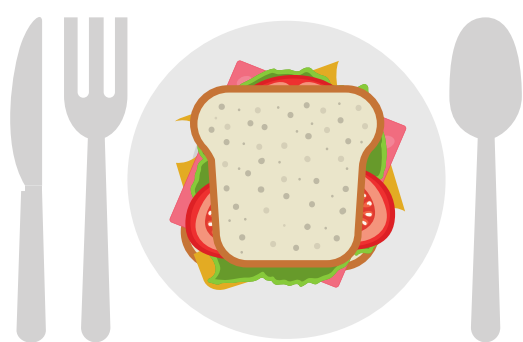
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- Quiz section Zoom link: <https://zoom.us/j/your-link-here>
- Canvas website: <https://canvas.uw.edu/your-link-here>
- Syllabus: <https://courses.cs.washington.edu/your-link-here>

Template:

<https://docs.google.com/document/d/1EHzyqFppxZKyyfTxD2oLsMoB3-ZGPVrxmVCj4HhPLdM/edit?usp=sharing>

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PHYSICAL



SERVE YOUR FOOD

We know it's good to snack in moderation but eating from the bag while distracted can get us off track.

One strategy is to sit at the table and focus on eating until you're done.

But of course, most of us like to have a little bit of fun. If you must have something to watch while you eat, make sure to serve your food in a **separate container or bowl**, which allows you to pre-determine a stopping point.

MAKE TIME TO GO OUTSIDE

Indoor carbon dioxide levels can potentially impact cognitive function.

Spending time outside not only boosts mood, but can clear your mind and reduce anxiety.

Short on time? Even sunbathing in the sunshine on the patio during zoom lectures could have benefits.



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MENTAL

DRESS FOR ACTION

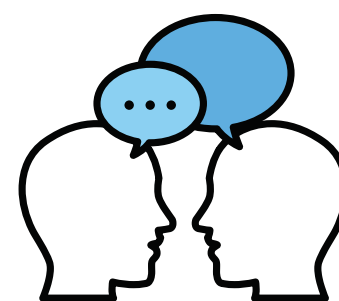


Your dress sets the tone for the day. Mix comfort with tidiness but favor the latter if you want to get things done.

Spend some time in the morning to ‘dress-up,’ even just a little. Start the day with some structure—**looking great!**

VOCALIZE YOUR CONCERNS

These are unprecedented times. Reaching out to trusted supporters (e.g. friends, family, counselors, or advisers) and being very candid about your concerns can bring a sense of peace.



Check out:

Hall Health Mental Health | Husky Health & Well-Being
CSE advising team Advising | Paul G. Allen School of
Computer Science & Engineering

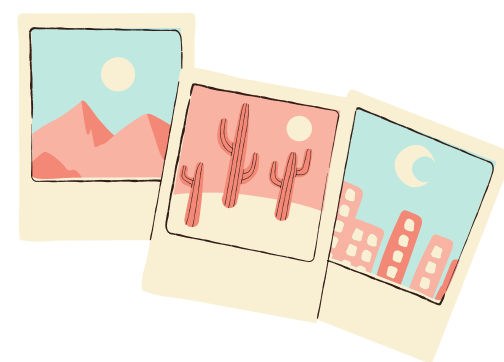
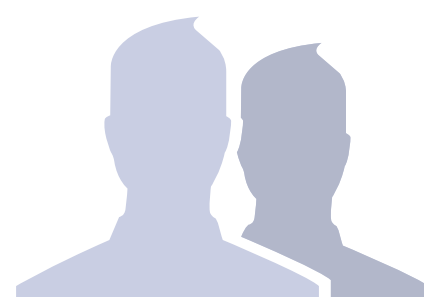
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RELATIONSHIPS

REACH OUT TO YOUR FRIENDS!

With quarantine providing more time and isolation than ever, reaching out to old friends can help to stem the loneliness. Sending a simple message like “We haven’t spoken in a while, how are you?” can really brighten someone’s day and rekindle relationships that have drifted apart.

Remember, they probably feel just as cooped up as you!



BE CHARITABLE

With so many people staying home, households have recently become more tense, so much so that divorce rates have drastically increased.

To foster closeness within your household, think twice before calling out small faults in others.

Tip: Bring everyone closer together by revisiting old photo albums and celebrating memories.

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RELATIONSHIPS

If you haven't already, go and ask your parents or guardians how they're feeling

Many of us are staying at home with parents or guardians.

In these times, they may feel a huge sense of responsibility for their family's health and safety.

Take some time to reach out and ask how they're feeling and what you can do to help calm their concerns.

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