Planning & Priorities

go hoos!

HOO KNEW?

Avoiding Zoom Gloom!
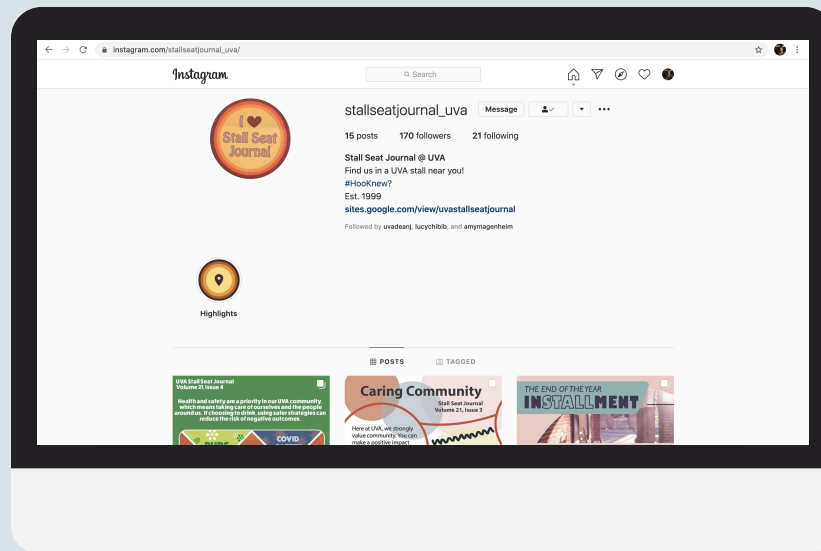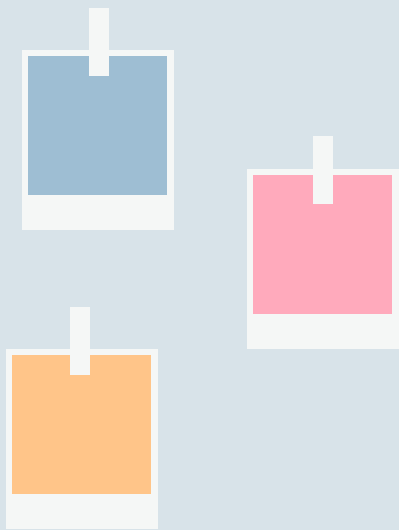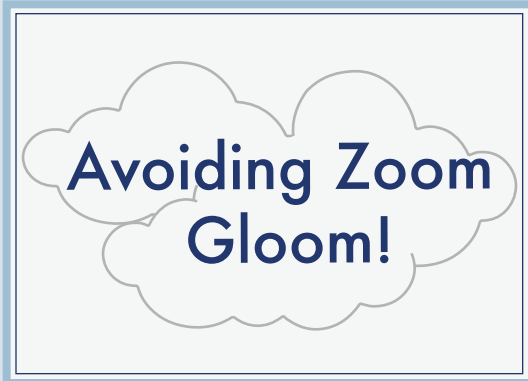
EXPLORING INTERESTS

Tips and Tricks for *success*

Balancing responsibilities and wellbeing can help Hoos excel both inside and outside the virtual classroom. Try these tips for avoiding Zoom gloom, setting priorities, exploring interests and getting more involved in the UVA community.

Instagram

stallseatjournal_uva

Message

15 posts   170 followers   21 following

Stall Seat Journal @ UVA
Find us in a UVA stall near you!
#HooKnew?
Est. 1999
sites.google.com/view/uvastallseatjournal
Followed by uvadsanj, lucychbib, and amymagenheim

Highlights

POSTS   TAGGED

Caring Community
Stall Seat Journal
Volume 21, Issue 5

THE END OF THE YEAR
INSTALLMENT

Stall Seat Journal
Volume 21, Issue 6

Avoiding Zoom Gloom!

Staying Engaged

• Place you phone out of reach or use settings like "Do Not Disturb"

• Turn your camera on to stay accountable

• Make sure you're on mute when not talking

• Maintain an organized workspace

Avoiding Fatigue

• Get up, get dressed, and get moving

• Schedule tech-free time

• Choose physical over digital books if available

Mute · Stop Video · Security · Participants 1 · Chat · Share Screen · Record · Closed Caption · Breakout Rooms · Reactions · End

HOO KNEW?

73% of UVA undergraduates participate in physically active hobbies during their leisure time.*

*From the February 2020 NCHA with responses from 904 UVA undergraduates.

Planning & Priorities

Planning time efficiently can help you stay ahead of work, reduce stress and have extra downtime. One way to prioritize tasks is by organizing them by what you must do, should do, and could do each day.

MUST DO

Eat Lunch

Study for Exam

SHOULD DO

Take a Walk

Go to Office Hours

COULD DO

Spend an Hour Tech Free

Try an AFC Exercise Class

Helpful Tip:

Try using a planner to keep track of daily tasks and big deadlines

Exploring Interests

Get involved and build relationships by attending virtual club meetings, talking to professors and TAs in office hours, and using Career Center resources. Join a club related to your academic interests to connect with older students to learn about classes, majors and careers, or try one just for fun!

Check Out:

@UVA for information on events and organizations.

Madison House for volunteering opportunities.

Ask a Librarian to chat with library services for guidance on paper sources, citations, using technology and more!

For more suggestions, visit the "Resources" tab on our website!