

In College. At Home.

It's unclear what the future holds, but the past few years have taught us that learning remotely is a possibility. So for better or for worse, there may be times when you're taking classes virtually. Distance learning comes with its own set of challenges, but the good news is, you can still have rewarding educational and social experiences from home. These 8 tips can help you get the most out of your time "in school."



Set up your work space

Having a space that feels comfortable and conducive to getting your work done is key for online learning!

Consider using tools like noise-canceling headphones to help you concentrate or lighting that helps you feel productive—and don't forget to keep your space tidy and as free from distractions as possible.

Your siblings and parents may be attending school or working from home, too. Try to come up with arrangements that help keep everyone successful, happy, and comfortable.



Don't forget to eat

No matter how busy you are, always make time to eat. These [on-the-go meals and snacks](#) will help you power through your day.



Own your routine

Now is a perfect time to take managing your health to the next level. If you haven't already, start:

- Scheduling your own appointments with your healthcare providers
- Refilling your prescriptions
- Cleaning and maintaining any equipment you use



Honor your time

Once you have your schedule figured out, let everyone at home know when you'll be attending class, when you'll be studying, and when you'll be doing your treatment routine.



Work with your classmates

If you have group projects, use file-sharing services to easily share your great ideas and contributions.



Find time to socialize

It's important to stay connected with your friends. Seeing them in person is always great, but certain situations may require distance. Setting up and sticking to a video call or movie night routine can help you to catch up with friends from the comfort of your home.



Manage stress

Learning virtually may bring new stress to your busy life. Luckily, there are activities to help manage it.

- Listen to relaxing music. Streaming services have playlists to help you relax or focus
- Use [breathing exercises](#) to help you stay in the present
- Try yoga



Talk about CF

Consider setting up a conversation with your instructors to let them know about cystic fibrosis (CF) and to set expectations for the semester ahead. [Use this customizable letter.](#)

Explore more tips for navigating CF through major life milestones at [Everyday-CF.com](#).

