

	SPRING 2021 SEMESTER CALENDAR										
SUNDAY	MONDAY	TUESDAY	WEDNESDAY								
17 JANUARY	18 MARTIN LUTHER KING, JR. DAY	19	20								
24	25	26	27 SPRING CLASSES BEGIN								
31	1 FEBRUARY	2 ENROLLMENT CLEARANCE ENDS LAST DAY TO ADD A CLASS	3 EXTENDED DROP PERIOD BEGINS								
7	8	9	10								
14 VALENTINE'S DAY	15 PRESIDENT'S DAY	16 PASS/FAIL PERIOD ENDS EXTENDED DROP PERIOD ENDS	17 WITHDRAW PERIOD BEGINS								
21	22	23 LAST DAY TO REMOVE CONDITIONAL GRADES	24								
28	1 MARCH SPRING BREAK	2 SPRING BREAK	3 CLASSES RESUME								
7	8	9	10								
14 DAYLIGHT SAVINGS TIME BEGINS	15	16 END OF 1ST SEVEN WEEKS	17								
21	22	23	24								
28	29	30	31								
4 SPRING/EASTER BREAK	5 CLASSES RESUME	6	7								
11	12	13	14								
18	19	20	21								
25	26	27	28								
2	3 FINAL EXAMS BEGIN	4 FINAL EXAMS	5 FINAL EXAMS								
9	10 FINAL GRADES DUE	11	12								
16	17	18	19								
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SPRING 2021 SEMESTER CALENDAR									
THURSDAY	FRIDAY	SATURDAY	NOTES						
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28	29	30							
4	5	6							
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25	26	27							
1 APRIL	2 SPRING/EASTER BREAK	3 SPRING/EASTER BREAK							
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8	9 WITHDRAW PERIOD ENDS	10							
15	16	17							
22	23	24							
29	30 AWARDS CONVOCATION RHODES SYMPOSIUM	1 MAY							
	CLASSES END								
6 READING DAY	7 FINAL EXAMS	8 FINAL EXAMS END END OF SPRING SEMESTER							
13	14 BACCALAUREATE SERVICE	15 COMMENCEMENT							
20	21	22							
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32-Day Commitment

As we make and keep commitments, even small commitments, we begin to establish an inner integrity that gives us the awareness of self-control and the courage and strength to accept more of the responsibility for our own lives. By making and keeping promises to ourselves and others, little by little, our honor becomes greater than our moods.

—Stephen Covey

Because I believe the following commitment will help me achieve more of my desired outcomes and experiences, I promise myself that *every day* for the next 32 days I will ______.

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Day 30	
Day 31	
Day 32	

Thirty-two days is the length of time thought by some behavioral psychologists to be necessary for creating a new habit or extinguishing an old one. Therefore, if you miss a day, start your commitment again from Day 1.

Tracking Form

Superior performer.	are adept at	putting into	place systems	$that\ track\ progress$

Dream:

Long-Term Goal:

Short-Term Goals (to be accomplished this semester):

-Daniel Goleman

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Determine Your Priorities

"The key is not to prioritize what's on your schedule, but to schedule your priorities."

—Stephen Covey

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	Urgent	Non-urgent
Important	Do it:	Date activate (quality):
	High urgency	Low urgency
	High importance	High importance
Not important	Delegate (deception):	Delete it (waste):
	High urgency	Low urgency
	Low importance	Low importance

RHODES COLLEGE PER COACHES CAN HELP WITH:

Time Management

Managing Large Assignments

Study Strategies

Organization

Stress Management

Reading Strategies

Motivation

Schedule a Meeting: https://rhodesstudentlife.as.me/peercoach

STRATEGIES FOR REMOTE LEARNING



- 1) **Do A Before School Prep**. Purchase your textbooks and course materials before classes start. Prep your study area with supplies, like pens/pencils/highlighters, folders, notebooks and sticky note pads. Print your course syllabus and any other course materials. Get a planner and calendar and make a schedule and to-do lists and update them regularly.
- 2) **Do A Pre-Course Tech-Check.** Make sure that your computer settings are up-to-date and everything is working properly; disable pop-up blockers; install the latest browser versions; check that you have a strong internet connection; have access to and login information for the different course platforms that you will use, like Zoom, Box, Moodle/Canvas.
- 3) **Establish Rapport with Your Professor.** Send a brief email introducing yourself before classes start and take advantage of their office hours.
- 4) **Don't Be Late.** Regardless if the class is online, log in a few minutes early so that you are settled and ready to go when the professor begins the class. Do this for class lectures, tests, presentations, guest speakers, etc.
- 5) **Be Present.** Take notes-- whether you are live on Zoom or watching a course-related video; regularly post on lesson/topic threads and comment during live class discussions, ask questions; close all non-course related tabs/apps on your computer to avoid distractions; put your phone away during class and study time.
- 6) **Check Your Email Every Day**. Better yet, check it at least twice a day. Carefully read all messages so you don't miss important information, course or assignment-related changes, or deadlines.
- 7) **Build A Network of Peers.** Ask questions and share your thoughts and ideas during class time; post and respond to classmates on course discussion threads; organize or join study groups; ask classmates for help with the content or assignments.
- 8) Check Your Planner, Syllabus and Grades Often. Update your to-do list and daily schedule as you complete assignments/tasks and new ones come up; stay on top of your grades to monitor your progress in the class and reach out for help as needed.
- 9) **Be The Champion of Online Group Work.** Connect with and schedule regular meetings with group members to check on the progress of the project; stay focused by keeping meetings project-centered; reach out to group members that have missed a meeting to see if they are okay, check the progress of their portion of the project and offer your help.
- 10) **Reach Out and Ask for Help!** Schedule time to meet with your course professor, faculty advisor, a peer coach or a peer tutor, or make an appointment with an academic counselor or mental health professional for additional help.

Resources: Academic Success in the Times of Covid-19, Rhodes College; Top Tips for Student Success in Online Courses, Dr. Michael Simonson, Nova Southeastern University; How to be a Successful Online College Student, Elisa Ramos, YouTube; How to Ace Online Classes, Erica Jewel, YouTube; 10 Habits of Successful College Students: How to Get Straight A's, Alexa Golden, YouTube

CREATING A POSITIVE MINDSET FOR REMOTE LEARNING



- 1) **Establish a Daily Routine**. Wake up at the same time every day; put on clean clothes; start your day with breakfast and schedule other meal times and breaks; go out for a walk/exercise and get some fresh air. Make time for yourself, family and friends.
- 2) Keep a Calendar and Daily Planner. Write down daily activities such as classes, professors' office hours, homework/study time, as well as leisure time (i.e. go for a walk/run, FaceTime with BFF, watch TV, play video games, etc.) so you have time in your day to do all the things you love while staying on track with your responsibilities.
- 3) **Set Reminders as You Work Through the Day** so you don't miss out on virtual class time, appointments or spend too much time on a single task or activity.
- 4) **Break Up Study Time into Chunks to Better Manage Your Time.** Also known as the Pomodoro Method. Concentrate on a subject/assignment for 25 minutes at a time. Take a 5 to 10-minute break, then resume activity for another 25 minutes. Repeat the process until you have competed the task/assignment. Then move on to the next task.
- 5) **Avoid Multitasking.** Assignments will take longer to complete, you will have a harder time remembering details and you will be more likely to make mistakes.
- 6) **Don't Procrastinate.** Don't wait until the last minute to work on assignments. Give yourself plenty of time to study the material, meet with your professors, classmates or peer tutors/coaches; or workaround technical issues.
- 7) **Don't Wait Until the Last Minute to Ask for Help!** Don't hesitate and reach out to your professors, classmates, tutors/coaches, or other campus staff and ask for help. The sooner your questions are answered, the less stressed and more focused will you feel.
- 8) **Refuel. Recharge. Reconnect.** Drink plenty of water; don't skip a meal; have a treat; get some fresh air; and get 6-8 hours of sleep each night. Your brain and body will thank you for it, by way of remembering details better, having more energy and being better focused.
- 9) **Have an Optimistic Attitude.** Everyone has an off-day or two. Don't let that keep you down and from reaching your goals. Get up and start where you left off. Prioritize your to-do list, manage your time wisely and don't forget to take care of yourself.
- 10) With careful planning and effectively managing your time, you can have a balanced lifestyle where education and self-care are part of each other.

(901) 843-3815

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JANUARY 17	JANUARY 18	JANUARY 19	JANUARY 20	JANUARY 21	JANUARY 22	JANUARY 23	TO DO LIST
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5:00 pm	5:00 pm	5:00 pm	5:00 pm	5:00 pm	5:00 pm	5:00 pm	
6:00 pm	6:00 pm	6:00 pm	6:00 pm	6:00 pm	6:00 pm	6:00 pm	
7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	
8:00 pm	8:00 pm	8:00 pm	8:00 pm	8:00 pm	8:00 pm	8:00 pm	
9:00 pm	9:00 pm	9:00 pm	9:00 pm	9:00 pm	9:00 pm	9:00 pm	
10:00 pm	10:00 pm	10:00 pm	10:00 pm	10:00 pm	10:00 pm	10:00 pm	

MARCH 28	MARCH 29	MARCH 30	MARCH 31	APRIL 1	APRIL 2	APRIL 3	TO DO LIST
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	
8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	
9:00 am	9:00 am		9:00 am		9:00 am	9:00 am	
		9:30 am		9:30 am			
10:00 am	10:00 am		10:00 am		10:00 am	10:00 am	
11:00 pm	11:00 pm	11:00 pm	11:00 pm	11:00 pm	11:00 pm	11:00 pm	
12:00 pm	12:00 pm		12:00 pm		12:00 pm	12:00 pm	
		12:30 pm		12:30 pm			
1:00 pm	1:00 pm		1:00 pm		1:00 pm	1:00 pm	
2:00 pm	2:00 pm	2:00 pm	2:00 pm	2:00 pm	2:00 pm	2:00 pm	
3:00 pm	3:00 pm		3:00 pm		3:00 pm	3:00 pm	
		3:30 pm		3:30 pm			
4:00 pm	4:00 pm		4:00 pm		4:00 pm	4:00 pm	
5:00 pm	5:00 pm	5:00 pm	5:00 pm	5:00 pm	5:00 pm	5:00 pm	
6:00 pm	6:00 pm	6:00 pm	6:00 pm	6:00 pm	6:00 pm	6:00 pm	
7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	
8:00 pm	8:00 pm	8:00 pm	8:00 pm	8:00 pm	8:00 pm	8:00 pm	
9:00 pm	9:00 pm	9:00 pm	9:00 pm	9:00 pm	9:00 pm	9:00 pm	
10:00 pm	10:00 pm	10:00 pm	10:00 pm	10:00 pm	10:00 pm	10:00 pm	
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APRIL 4	APRIL 5	APRIL 6	APRIL 7	APRIL 8	APRIL 9	APRIL 10	TO DO LIST
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	
8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	
9:00 am	9:00 am		9:00 am		9:00 am	9:00 am	
		9:30 am		9:30 am			
10:00 am	10:00 am		10:00 am		10:00 am	10:00 am	
11:00 pm	11:00 pm	11:00 pm	11:00 pm	11:00 pm	11:00 pm	11:00 pm	
12:00 pm	12:00 pm		12:00 pm		12:00 pm	12:00 pm	
		12:30 pm		12:30 pm			
1:00 pm	1:00 pm		1:00 pm		1:00 pm	1:00 pm	
2:00 pm	2:00 pm	2:00 pm	2:00 pm	2:00 pm	2:00 pm	2:00 pm	
3:00 pm	3:00 pm		3:00 pm		3:00 pm	3:00 pm	
		3:30 pm		3:30 pm			
4:00 pm	4:00 pm		4:00 pm		4:00 pm	4:00 pm	
5:00 pm	5:00 pm	5:00 pm	5:00 pm	5:00 pm	5:00 pm	5:00 pm	
6:00 pm	6:00 pm	6:00 pm	6:00 pm	6:00 pm	6:00 pm	6:00 pm	
7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	
8:00 pm	8:00 pm	8:00 pm	8:00 pm	8:00 pm	8:00 pm	8:00 pm	
9:00 pm	9:00 pm	9:00 pm	9:00 pm	9:00 pm	9:00 pm	9:00 pm	
10:00 pm	10:00 pm	10:00 pm	10:00 pm	10:00 pm	10:00 pm	10:00 pm	

APRIL 11	APRIL 12	APRIL 13	APRIL 14	APRIL 15	APRIL 16	APRIL 17	TO DO LIST
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	
8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	
9:00 am	9:00 am		9:00 am		9:00 am	9:00 am	
		9:30 am		9:30 am			
10:00 am	10:00 am		10:00 am		10:00 am	10:00 am	
11:00 pm	11:00 pm	11:00 pm	11:00 pm	11:00 pm	11:00 pm	11:00 pm	
12:00 pm	12:00 pm		12:00 pm		12:00 pm	12:00 pm	
		12:30 pm		12:30 pm			
1:00 pm	1:00 pm		1:00 pm		1:00 pm	1:00 pm	
2:00 pm	2:00 pm	2:00 pm	2:00 pm	2:00 pm	2:00 pm	2:00 pm	
3:00 pm	3:00 pm		3:00 pm		3:00 pm	3:00 pm	
		3:30 pm		3:30 pm			
4:00 pm	4:00 pm		4:00 pm		4:00 pm	4:00 pm	
5:00 pm	5:00 pm	5:00 pm	5:00 pm	5:00 pm	5:00 pm	5:00 pm	
6:00 pm	6:00 pm	6:00 pm	6:00 pm	6:00 pm	6:00 pm	6:00 pm	
7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	
8:00 pm	8:00 pm	8:00 pm	8:00 pm	8:00 pm	8:00 pm	8:00 pm	
9:00 pm	9:00 pm	9:00 pm	9:00 pm	9:00 pm	9:00 pm	9:00 pm	
10:00 pm	10:00 pm	10:00 pm	10:00 pm	10:00 pm	10:00 pm	10:00 pm	

APRIL 18	APRIL 19	APRIL 20	APRIL 21	APRIL 22	APRIL 23	APRIL 24	TO DO LIST
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	
8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	
9:00 am	9:00 am		9:00 am		9:00 am	9:00 am	
		9:30 am		9:30 am			
10:00 am	10:00 am		10:00 am		10:00 am	10:00 am	
11:00 pm	11:00 pm	11:00 pm	11:00 pm	11:00 pm	11:00 pm	11:00 pm	
12:00 pm	12:00 pm		12:00 pm		12:00 pm	12:00 pm	
		12:30 pm		12:30 pm			
1:00 pm	1:00 pm		1:00 pm		1:00 pm	1:00 pm	
2:00 pm	2:00 pm	2:00 pm	2:00 pm	2:00 pm	2:00 pm	2:00 pm	
3:00 pm	3:00 pm		3:00 pm		3:00 pm	3:00 pm	
		3:30 pm		3:30 pm			
4:00 pm	4:00 pm	<u> </u>	4:00 pm		4:00 pm	4:00 pm	
5:00 nm	5:00 nm	5:00 pm	5:00 pm	5:00 pm	5:00 pm	5.00 nm	
5:00 pm	5:00 pm	5:00 pm	5:00 pm	5:00 pm	5:00 pm	5:00 pm	
6.00	5.00	5.00	5.00	5.00	5.00	6.00	
6:00 pm	6:00 pm	6:00 pm	6:00 pm	6:00 pm	6:00 pm	6:00 pm	
7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	
8:00 pm	8:00 pm	8:00 pm	8:00 pm	8:00 pm	8:00 pm	8:00 pm	
9:00 pm	9:00 pm	9:00 pm	9:00 pm	9:00 pm	9:00 pm	9:00 pm	
10:00 pm	10:00 pm	10:00 pm	10:00 pm	10:00 pm	10:00 pm	10:00 pm	
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	MONDAY 7:00 am	TUESDAY 7:00 am	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		7:00 am	7.00 am				1
8:00 am 8:			7:00 am	7:00 am	7:00 am	7:00 am	
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	3:00 am	8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	
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11:00 pm 1	11:00 pm	11:00 pm	11:00 pm	11:00 pm	11:00 pm	11:00 pm	
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2:00 pm 2:	2:00 pm	2:00 pm	2:00 pm	2:00 pm	2:00 pm	2:00 pm	
3:00 pm 3:	3:00 pm		3:00 pm		3:00 pm	3:00 pm	
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5:00 pm 5:	5:00 pm	5:00 pm	5:00 pm	5:00 pm	5:00 pm	5:00 pm	
J. J.	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	3.00 pm	3.00 pm	3.00 pm	3.00 pm	3.00 pm	
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7:00 pm 7:	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	
8:00 pm 8:	3:00 pm	8:00 pm	8:00 pm	8:00 pm	8:00 pm	8:00 pm	
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10:00 pm 1	10:00 pm	10:00 pm	10:00 pm	10:00 pm	10:00 pm	10:00 pm	

MAY 2	MAY 3	MAY 4	MAY 5	MAY 6	MAY 7	MAY 8	TO DO LIST
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	
8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	
9:00 am	9:00 am		9:00 am		9:00 am	9:00 am	
		9:30 am		9:30 am			
10:00 am	10:00 am		10:00 am		10:00 am	10:00 am	
11:00 pm	11:00 pm	11:00 pm	11:00 pm	11:00 pm	11:00 pm	11:00 pm	
12:00 pm	12:00 pm		12:00 pm		12:00 pm	12:00 pm	
		12:30 pm		12:30 pm			
1:00 pm	1:00 pm		1:00 pm		1:00 pm	1:00 pm	
2,00 nm	2,00 nm	2,00 nm	2,00 nm	2,00 nm	2,00 nm	2,00 nm	
2:00 pm	2:00 pm	2:00 pm	2:00 pm	2:00 pm	2:00 pm	2:00 pm	
3:00 pm	3:00 pm		3:00 pm		3:00 pm	3:00 pm	
		3:30 pm		3:30 pm			
4:00 pm	4:00 pm		4:00 pm		4:00 pm	4:00 pm	
5:00 pm	5:00 pm	5:00 pm	5:00 pm	5:00 pm	5:00 pm	5:00 pm	
6:00 pm	6:00 pm	6:00 pm	6:00 pm	6:00 pm	6:00 pm	6:00 pm	
7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	
8:00 pm	8:00 pm	8:00 pm	8:00 pm	8:00 pm	8:00 pm	8:00 pm	
9:00 pm	9:00 pm	9:00 pm	9:00 pm	9:00 pm	9:00 pm	9:00 pm	
10:00 pm	10:00 pm	10:00 pm	10:00 pm	10:00 pm	10:00 pm	10:00 pm	

MAY 9	MAY 10	MAY 11	MAY 12	MAY 13	MAY 14	MAY 15	TO DO LIST
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	
8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	
9:00 am	9:00 am		9:00 am		9:00 am	9:00 am	
		9:30 am		9:30 am			
10:00 am	10:00 am		10:00 am		10:00 am	10:00 am	
11:00 pm	11:00 pm	11:00 pm	11:00 pm	11:00 pm	11:00 pm	11:00 pm	
12:00 pm	12:00 pm		12:00 pm		12:00 pm	12:00 pm	
		12:30 pm		12:30 pm			
1:00 pm	1:00 pm		1:00 pm		1:00 pm	1:00 pm	
2:00 pm	2:00 pm	2:00 pm	2:00 pm	2:00 pm	2:00 pm	2:00 pm	
3:00 pm	3:00 pm		3:00 pm		3:00 pm	3:00 pm	
		3:30 pm		3:30 pm			
4:00 pm	4:00 pm		4:00 pm		4:00 pm	4:00 pm	
5:00 pm	5:00 pm 5:00 pm	5:00 pm	5:00 pm	5:00 pm	5:00 pm	5:00 pm	
6:00 pm	6:00 pm	6:00 pm	6:00 pm	6:00 pm	6:00 pm	6:00 pm	
7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm	
8:00 pm	8:00 pm	8:00 pm	8:00 pm	8:00 pm	8:00 pm	8:00 pm	
9:00 pm	9:00 pm	9:00 pm	9:00 pm	9:00 pm	9:00 pm	9:00 pm	
10:00 pm	10:00 pm	10:00 pm	10:00 pm	10:00 pm	10:00 pm	10:00 pm	

	NOTES —					
NAME	EMAIL_	PHONE				
ACADEMIC & LEARNING RESOURCES 843-3815 sites.rhodes.edu/academicsupport						

