

Getting Started with Online Learning Self-Care (Slide 1)

Welcome. This is the third video created by the Student Success Centre that is part of a series called getting started with online learning to help students who are taking online courses at the University of Calgary. I worked with my colleague Jared Secord to create this video series.

Hi everyone, my name is Heather Thompson and I work as an academic strategist in the Student Success Centre. I will be leading you through this video that will provide tips on getting started with self-care.

Step 1: How to get started with self-care (Slide 2)

Step one. How do you get started with self-care? Self-care is about checking in with yourself to see how you are doing, reaching out for supports when needed and creating a self-care plan that works for you. For example, as an online student it's important to reach out to your professor when you have a question. Don't wait to ask. Send an email with your question as your professor is there to support you. This is part of your self-care plan.

Step 2: Accessing student support services (Slide 3)

Step two. As an online student there are lots of supports available for you. These services include; Student Success Centre, Student Wellness Services, Student Accessibility Services,