Getting Started Checklist
What you need to know to start Fall 2020 ready to succeed

☐ **Coping Skills During COVID-19 Workshop**
  Coping Skills during COVID-19 is a peer-led workshop where students discuss ways to adjust and adapt self-care and coping skills to the quarantine-induced changes in day to day life. Topics include routines, wellness, and maintaining communication.

☐ **Connect to Tech Basics**
  - Email, Calendar, Cloud Storage (Office 365 & Outlook)
  - my.pitt.edu
  - Navigate Student App
  - Get Software
  - Canvas
  - Zoom
  - IT Help Desk Live Chat
  - IT Services
  - Remote IT Resources
  - Borrow a Device for Remote Learning

☐ **Webinar: How to Succeed in Any Learning Environment**
  Academic Coaches will lead a workshop on how to study smarter in any Flex@Pitt format or operational posture, be introduced to strategies to develop a personal success strategy and get connected to tools and resources.

☐ **Time Management**
  Here are just some resources to help you learn how to prioritize assignments and day-to-day tasks, and tools to help you manage based on your personal style.
  - The “Pomodoro” Technique uses segments of timed studying to structure and advance your effectiveness.
  - Focus Time is a fun app that works with the Pomodoro Technique.
  - Time management calculator will help you understand how you are organizing your time throughout the week.
  - Use the Syllabus Week Checklist to track important details.

☐ **PITT0130: Wellness and Resilience Course** will teach undergraduate students skills for having resilience in the face of commonly experienced stressors and difficulties. PITT0130 is offered in the Fall 2020 term on Wed. from 6-8:30 p.m. or Thurs. from 6-8:30 p.m.

☐ **Pitt’s COVID-19 Website and Vital Fall 2020 Term Information**
  - A Safer Start to College Life: learn about Pitt's virus monitoring plans and more.
  - Pitt Community Compact: principles to uphold health and safety.
  - What are the Operational Postures of the Pitt Resilience Plan?
  - Student Success with Flex@Pitt · Flex@Pitt Instructional Model - Fall 2020

☐ **Succeed at Pitt Toolkit**
  The Succeed at Pitt Toolkit is an in-person training experience that will walk you through 5 essential non-cognitive skills for success in college. Register for Succeed at Pitt Toolkit training.