



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](#).