

The Trail Guide

TO ONLINE LEARNING



A NEW LEARNING EXPERIENCE:

Every change creates both challenges and opportunities. Let's explore this new terrain.

With classes being offered in both synchronous and asynchronous formats, changes in course expectations, and a new learning environment away from campus, you have an opportunity to develop your own path for thriving and succeeding. You can do this! Your brain is designed to adapt and thrive.

1

PREPARE

Set up your work space, plan your structure with balance in mind, and organize your notes. Prepare your flow.

2

ACT

Attend all classes, log-on daily to contribute, and keep in contact w/ your profs. Read, write and think in time chunks.

3

REFLECT

Identify what went well and what you might like to change. Practice self-compassion and gratitude. Celebrate the little things!



Identify Your Strengths

Attending to your skills and gifts, strengthens them.



Identify Your Challenges

Being real with what is hard allows you to respond and grow.



Identify Your Goals

Naming what you want, illuminates them.

Tap into your power mind-sets.

Now is the time to explore and create your path.

Right now, most of the world is unified in the joint effort to reduce suffering and disease and to care about the health and well-being of all. We are witnessing and participating in these generous acts of support and care. We will see acts of bravery and sacrifice and we will also see acts of cowardice and greed.

There are things we can control and there are things we can't. Now is the time, your time, to focus on what is right in front of you. This includes your intellectual, creative, and academic interests and goals. Yay!

“Picture your brain forming new connections as you meet the challenge and learn. Keep going.”

Carol Dweck



YOUR POWER MIND-SETS are ways you think, create and tap into your internal wisdom and motivation. You were BORN with the ability to adapt and thrive.

What are your power mind-sets?

CAN YOU IDENTIFY THIS TREE?

Have you seen this gorgeous tree before? There is a great history to this tree - and we will share it with you in the next edition of ACE's Trail Guide.

For now, enter to win a \$25 gift card to Amazon! Email ACE@goucher.edu and let us know where this tree lives. We will choose a winner in a random drawing from all of the correct answers.

The deadline is this Friday, March 27, 2020.

Have a great week, friends!

