

Transitioning to Online Classes Workshop



Summary Workbook & Resource List

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The purpose of the Transitioning to Online Classes workshop is to help you learn about transitional stress and offer strategies and tips you can consider during this time of adjustment in the COVID-19 pandemic.

Today, we discussed the following topics:

Five Ways to Cope with Transitional Stress and Change

1. Sense of Control
2. Practice Self-Care
3. Check Your Thought Patterns
4. Be in the Now
5. Find Your Priorities

Sources of Anxiety Related to Online Learning

1. Fear of the Unknown
2. Fear of Failure
3. Catastrophizing

Strategies to Help Combat the Sources of Anxiety Related to Online Learning

1. To combat fear of the unknown
 - a. Be Proactive in Seeking Information
2. To combat fear of failure
 - a. Challenge your thoughts
 - b. Examine your circumstances & Problem solve
3. To combat catastrophizing
 - a. Question yourself
 - b. Change your perspective
 - c. Walk through the worst-case scenario

Tips for Success in Online Classes

1. Set a goal
2. Treat studying like a job
3. Make a study plan
4. Have dedicated study blocks
5. Find a quiet and consistent space to work
6. Break down tasks
7. Connect with others
8. Ask questions
9. Join a study team
10. Beat Deadlines
11. Reward yourself

*Important Note: Please consider the MSU Honor Code as your transition to online classes.

All students who are admitted to MSU agree to abide by the **Honor Code** which states, “As a **Mississippi State University** student I will conduct myself with **honor** and integrity at all times. I will not lie, cheat, or steal, nor will I accept the actions of those who do.”

Grounding Exercises

When people become overwhelmed with distressing thoughts or feelings, including intense anxiety, activities that keep your mind and body connected (called “grounding”) can be helpful in regaining a sense of stability and mental focus. The following are a number of grounding exercises to choose from to help firmly anchor you in the present moment and provide you with space to choose where to focus your energy. **You may need to try multiple different exercises to find one or two that work best for you.**

1. Remind yourself of who you are now. State your name, age and where you are right now.

2. Take ten slow deep breaths. Focus your attention on each breath on the way in and on the way out. Say the number of the breath to yourself as you exhale.

3. Splash water on your face or place a cool wet cloth on your face.

4. Pay purposeful attention as you hold a cold (non-alcoholic) beverage in your hands. Feel the coldness, and the wetness on the outside. Note the taste as you drink. You can also do this exercise with a warm beverage.

5. Find a “grounding object” to hold, look at, listen to, and/or smell. This could be a soft object such as a pillow or stuffed animal, a smooth stone you found on the beach, a picture of a beautiful scene or loved one, and/or any other object that represents safety or comfort.

6. If you wake up suddenly during the night and feel disoriented or distressed, remind yourself who you are and where you are. Look around the room and notice familiar objects and name them. Feel the bed you are lying on, the softness of the sheets or blankets, the warmth or coldness of the air, and notice any sounds you hear. Remind yourself that you are safe.

7. Feel the clothes on your body, whether your arms and legs are covered or not, and the sensation of your clothes as you move in them.

8. While sitting, feel the chair under you and the weight of your body and legs pressing down on it.

9. If you are lying down, feel the contact between your head, your body and your legs, as they touch the surface you are lying on. Starting from your head, notice how each part feels, all the way down to your feet, on the soft or hard surface.

10. Stop, look, and listen. Notice and name what you can see and hear nearby and in the distance.

11. Look around you, notice what is front of you and to each side, name first large objects and then smaller ones.

12. Get up, walk around, take your time to notice each step as you take one then another.

13. If you can, step outside, notice the temperature, the sounds around you, the ground under your feet, the smell in the air, etc.

14. “54321” Grounding Exercise:

- Name 5 things you can see in the room with you.
- Name 4 things you can feel (tactile; e.g. “chair on my back” or “feet on floor”)
- Name 3 things you can hear right now
- Name 2 things you can smell right now
- Name 1 good thing about yourself

15. Write and/or say grounding statements

- This situation won’t last forever.
- This too shall pass.
- I can ride this out and not let it get me down.
- My anxiety/fear/sadness won’t kill me; it just doesn’t feel good right now.
- These are just my feelings and eventually they’ll go away.

Resource List

Additional workshops by the MSU Student Counseling Telehealth Services:

Wellness U Workshop Series

- **Stress and Anxiety 101** helps participants understand the effects of stress and anxiety by learning about the fight, flight, or freeze response and the differences between motivational and unhelpful stress/anxiety. Participants will also learn a basic skill for anxiety management: grounding techniques.
- **Changing Unhelpful Thoughts** introduces participants to a cognitive behavioral strategy for challenging unhelpful thoughts. Participants will be able to identify unhelpful thinking styles, learn alternative responses to unhelpful thinking, and become more aware of their ability to challenge and change thinking patterns.
- **Intro to Wellness** introduces participants to concepts of dimensional wellness and how to increase their overall wellness.
- **The ABZzzzs of Sleep** helps participants improve the quantity and quality of their sleep by learning about sleep hygiene.
- **Relationships 101** introduces participants to healthy versus unhealthy relationships, ways to manage conflict, and how to set boundaries.

Telemental health services

- Available through Doxy.me video calls
- Hours of operation: Monday-Friday 8am-5pm Central Time

Student Counseling Services After-hours hotline (662-325-2091)

Advocacy Services for Title IX Concerns

Referral Services and available additional resources