

A new routine can help you stay on track and set you up for **success.**

Establishing new habits and routines

You have probably already had to break some of your regular schedules and routines, which creates an opportunity to establish new ones that are conducive to your current situation and physical set-up. Write down what you would normally do and start thinking about what you can maintain (i.e., getting up and dressed every day, even if you aren't leaving the house) and how you can mindfully swap out other habits for new ones.

For example:

- **If you usually study in a coffee shop or library**, ask yourself what kind of environment helps you study. Consider how you can recreate that at home, like studying in a chair rather than on the couch or in bed or playing a white noise app in the background.
- **If you always study in groups or with friends**, try a virtual version of this. Set up a [Zoom](#) call with friends, even if you're working on different tasks or assignments.
- **If you thrive on tight timeline, but now have a more open [schedule](#)**, think about how working with others or setting up a schedule can recreate that for you.