

## Getting Started with Online Learning Self-Care (Slide 1)

Welcome. This is the third video created by the Student Success Centre that is part of a series called getting started with online learning to help students who are taking online courses at the University of Calgary. I worked with my colleague Jared Secord to create this video series.

Hi everyone, my name is Heather Thompson and I work as an academic strategist in the Student Success Centre. I will be leading you through this video that will provide tips on getting started with self-care.

## Step 1: How to get started with self-care (Slide 2)

Step one. How do you get started with self-care? Self-care is about checking in with yourself to see how you are doing, reaching out for supports when needed and creating a self-care plan that works for you. For example, as an online student it's important to reach out to your professor when you have a question. Don't wait to ask. Send an email with your question as your professor is there to support you. This is part of your self-care plan.

## Step 2: Accessing student support services (Slide 3)

Step two. As an online student there are lots of supports available for you. These services include; Student Success Centre, Student Wellness Services, Student Accessibility Services, the Faith and Spirituality Centre and Career Services. Don't hesitate to reach out and ask for help, we are here to support you while you take your online course.

Student Success Centre: <https://www.ucalgary.ca/wellness-services>

Student Wellness Services: <https://www.ucalgary.ca/student-services/student-success>

Student Accessibility Services: <https://www.ucalgary.ca/student-services/access>

Faith and Spirituality Centre: <https://www.ucalgary.ca/student-services/faith-spirituality>

Career Services: <https://www.ucalgary.ca/student-services/careers>

## Step 3: Creating a self-care plan (Slide 4)

Step three. Remember, self-care can help you become an effective online student. Identifying what you like to do and what makes you happy is an important part of creating a personalized self-care plan that works for you. For example, go for daily walks or sign up for a webinar. Do something that works for you and your self-care.

## Step 4: What's next? (Slide 5)

Thanks for watching this video. If you are wondering what do next, think about watching the next set of videos in the online learning series.

If you want additional help or support, you can also visit the Student Success Centre website to book a one-on-one appointment for academic support <https://www.ucalgary.ca/student-services/student-success>.

If you would like to book an appointment with a counsellor visit the Student Wellness Services website <https://www.ucalgary.ca/wellness-services>.