



Supporting student success & well-being.

August 2022

Helping Students Manage Their time

As more students seek to engage in remote learning opportunities to make learning more seamless with their digital lives, it can be difficult for them to understand the importance of separating their online activities from their time offline. The recommendations below will help students find an equilibrium that supports learning, growth, and healthy living.

Limit Screen Time

Screen time, especially later in the day and before bedtime, can have an adverse effect on a student's ability to sleep peacefully through the night. Limiting screen time before bed and using a screen-time monitoring app can help reduce the impacts too much time online can have on a student's offline life.

Avoid Falling Down the Rabbit Hole

Most social media apps use algorithms that are finely tuned to keep users thoroughly engaged. Turning off notifications during important offline activities will help prevent students from being called back to their digital lives when they should be focusing on other tasks.

Designate Unplugged Time Each Week

Setting aside specific hours or even an entire day to being offline can help create the space needed to focus on the activities and responsibilities that bring balance to a student's life. Additionally, taking a digital break provides an opportunity to focus on self-care tasks, such as:

- Spending real, present time with friends or loved ones
- Organizing one's living space
- Enjoying recreational activities
- Exercising for one's health and wellbeing
- Exploring the local community or the outdoors
- Checking in with one's headspace and clearing the mind of cluttering thoughts or emotions

WellConnect provides confidential consultations with a licensed professional for faculty and staff regarding student problems or concerns. In addition, our team is available to discuss behavioral and classroom management issues.

If a student comes to you with a situation and you're not sure what to say, please call our 24/7 FAST-Line at 844-208-7070. The FAST (Faculty Administrator Support Team) Line can be a valuable resource for navigating complex, sensitive or high-risk student situations. Our counselors will consult with you on the situation and help you develop a plan to assist the student. Of course, you can give the student the WellConnect student number, 866-640-4777, and encourage them to call, or even dial the number and hand the student the phone in a location where they will have privacy while talking to a WellConnect counselor.

Working collaboratively, we can help students achieve their personal, educational and career goals.



WellConnect is here for you and your students.

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