



Internet Options:

- AT&T - (855) 220.5211
<https://www.att.com/shop/internet/access/index.html?source=ECmj000000000mbU&wtExtnd-Source=access#!/#!%2F%23%2F>
- Charter Communications - (844) 488.8395
<https://corporate.charter.com/newsroom/charter-to-offer-free-access-to-spectrum-broadband-and-wifi-for-60-days-for-new-K12-and-college-student-households-and-more>
- Comcast - (855) 846.8376
- Cox Cable - (785) 215.6899
https://www.cox.com/residential-shop/shop.html?campcode=home_retargeting_shop_08272019
- Lifeline - (785) 271.3140 or <https://midco.com/lifeline/>

Computer Rental:

- Contact our campus advocate, Shelley Bearman, at Shelley.Bearman@washburn.edu or call Sean Bird at (785) 670.1550.

Counseling Services:

- Phone services (785) 670-3100, select option 2 (must have student ID).
For additional services contact our Campus Advocate at Shelley.Bearman@washburn.edu.

Technology Support/Help:

- Call Tech Support at (785) 670-3001 or email support@washburn.edu.

Online Skills Videos:

- Use the links below to access videos, tools and resources for transitioning to online learning.
<https://libguides.washburn.edu/onlinelearning>
<https://www.washburn.edu/academics/center-student-success/online-student-success.html>

Online Learning Tips

1. Remain in contact with your instructor and classmates. We are in this together!
 - a. Be sure you understand your revised class schedule and format.
 - b. Use Zoom calls, Skype calls, phone calls, etc.
 - c. Work through online assignments and modules together with classmates to teach and learn from each other (if permitted).

2. Set a schedule.
 - a. Use a calendar or planner to set aside specific time for when you will be in class and/or working on assignments.
 - b. If possible, try to stay on a similar schedule to when you were on campus.
 - i. If you usually attend in the morning, do your class work in the morning.
 - c. Example - Mondays:
 - i. Zoom: 8am-10am
 - ii. Assignment: 10am-11am
 - Designate time for each course/assignment.

3. Write due dates down in a planner or track them in a phone calendar.

4. Create a designated work/study space for yourself separate from your “chill” areas.
 - a. It will help get you in the mindset of that area being your “classroom”.

5. Limit distractions when possible.
 - a. Put phone on silent/off.
 - b. Avoid having a show or social media on while working.

6. Participate in online discussion.

7. Take breaks! Your brain will retain more information if you space out the work from your courses.

8. Stay healthy! Remember to eat well, stay active and get plenty of sleep.
 - a. This will help you create your new routine.

**Find the latest information on the COVID-19 update site:
<https://washburn.edu/techcovid>**