

TRULY EPISODE
STUDY HABITS_LIFELONG LEARNERS_CURIOSITY

INTRODUCTION: HEY EVERYONE, I'M ALLY TACK, A DELTA ZETA ALUMNA FROM OUR BETA KAPPA CHAPTER AT IOWA STATE UNIVERSITY. WELCOME TO THE FOURTH EDITION OF THE TRULY. WE DO THIS WEEKLY. IT'S OPEN TO THE PUBLIC, BUT DESIGNED FOR DELTA ZETA MEMBERS.

I AM ONE OF 5 DIRECTORS OF CHAPTER SERVICES ON DELTA ZETA STAFF AND EACH OF US HAS THE OPPORTUNITY TO COMMUNICATE WITH OUR CHAPTER OFFICERS DAILY. THROUGH THOSE CONVERSATIONS WE'RE HEARING FROM MEMBERS WHO REMAIN FOCUSED ON THEIR STUDIES DESPITE THE NEW NORMAL OF EACH CLASS HAPPENING ONLINE IN ONE FORM OR ANOTHER.

IN OUR CREED WE SAY, "TO MY MIND GROWTH." WE'RE LIFELONG LEARNERS AND CURIOUS ABOUT THE WORLD AROUND US. NOW WE'RE GROWING IN WAYS WE MAY NOT HAVE ENVISIONED. THAT'S LEARNING. LEARNING NEW TECHNOLOGIES, MAYBE LEARNING TO NEGOTIATE ACCESS TO A FAMILY COMPUTER OR GETTING TO OUR ZOOM LECTURES WHEN MAYBE A YOUNGER SIBLING IS ALSO TRYING TO GET TO AN ONLINE CLASS.

SO TODAY WE'RE TALKING ABOUT NEW WAYS OF LEARNING, CREATING NEW STUDY HABITS OR HOW TO MAINTAIN OUR BEST ONES, LEARNING IN NEW SPACES AND WITH DIFFERENT SORTS OF DISTRACTIONS.

WE WENT TO THE SOURCE. TODAY, WE'VE INVITED LEAH HAILEY, CHAPTER PRESIDENT AT OUR CENTRAL MICHIGAN UNIVERSITY CHAPTER TO JOIN US LIVE.

AT: HEY, LEAH! HOW ARE YOU?

LEAH: *INSERT LEAH'S GREETING/CONNECTING WITH ALLY*

AT: TELL US A LITTLE ABOUT WHAT YOU'RE STUDYING AND WHEN YOU SHIFTED TO ONLINE LEARNING?

LEAH: I AM MAJORING AS A SOCIOLOGY CRIMINAL JUSTICE MAJOR WITH A PSYCHOLOGY MINOR SO AT THIS POINT IN SCHOOL, ALL OF MY CLASSES ARE TOWARDS MY MAJOR. I SHIFTED TO ONLINE LEARNING AFTER SPRING BREAK, AROUND MARCH 14TH.

AT: SO YOU ARE OVER A MONTH INTO YOUR ONLINE LEARNING EXPERIENCE! WHERE ARE YOU STUDYING FROM THESE DAYS?

LEAH: I LIVE IN CANTON, MI SO I'VE BEEN STUDYING PRIMARILY IN MY ROOM AT MY MOM'S HOUSE. IT CAN BE DIFFICULT WITH ALL OF THE DISTRACTIONS THOUGH. I STUDIED IN MY ROOM UP AT CMU TOO BUT IT'S JUST DIFFERENT NOW.

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AT: I AM SURE IT IS DEFINITELY AN ADJUSTMENT! TELL US A LITTLE ABOUT YOUR DAILY SCHEDULE. WHEN DO YOU FOCUS ON CLASS?

LEAH: DUE TO LENIENCY IN MY HOMEWORK DUE DATES I HAVE BEEN WAKING UP AROUND 11 AM. I EAT BREAKFAST, MAKE COFFEE, AND START FOCUSING ON MY CLASSES AROUND 12:30. I'M MORE PRODUCTIVE EARLIER IN THE DAY AND PREFER TO FINISH EVERYTHING BY DINNER- TIME SO I CAN RELAX AT NIGHT AND FOCUS ON MYSELF.

AT: I LOVE THAT YOU ARE KEEPING UP WITH A ROUTINE; THAT IS SOMETHING THAT ALWAYS MAKES SUCH A DIFFERENCE FOR ME. WHAT'S SOMETHING YOU HAD TO LEARN TO DO DIFFERENTLY IN YOUR NEW SET UP?

LEAH: I HAD TO LEARN TO BLOCK OUT THE DISTRACTIONS, SUCH AS MY DOGS BARKING AND MY MOM AND STEP DAD BEING ON DIFFERENT SCHEDULES. DEFINITELY NOT AS QUIET AS MY APARTMENT BACK IN MT. PLEASANT.

AT: HOW ARE YOU STAYING ORGANIZED WHILE COMPLETING ONLINE LEARNING?

LEAH: I AM STAYING ORGANIZED BY MAKING TO-DO LISTS FOR EACH DAY AND ALSO KEEPING MY PLANNER IN ORDER WITH ALL OF MY FUTURE DUE DATES AND PRIORITIES.

AT: HAVE YOU FOUND WAYS TO HAVE STUDY GROUPS OR WORK WITH CHAPTER SISTERS?

LEAH: I AM THE ONLY GIRL IN MY CHAPTER WITH MY MAJOR SO IT'S HARD TO STUDY WITH SISTERS SINCE WE ALL STUDY DIFFERENT SUBJECTS. BUT WE HAVE BEEN MOTIVATING ONE ANOTHER AND REACHING OUT TO SISTERS IF WE NEED HELP ACADEMICALLY.

AT: HOW ARE YOUR CHAPTER SISTERS ADAPTING

LEAH: I DEFINITELY THINK SOME OF THEM MAY HAVE STRUGGLED IN THE BEGINNING, MAINLY WITH STAYING MOTIVATED IN A DIFFERENT SETTING. HOWEVER, THEY ALL SEEM TO BE COMPLETELY ADAPTED TO IT WITH MINOR HICCUPS. THIS HASN'T BEEN AN EASY TIME FOR EVERYONE, BUT WITH RELYING ON EACH OTHER, IT HAS MADE IT MUCH EASIER. I'VE REASSURED THEM THAT WE CAN ALL LEAN ON EACH OTHER AT THIS TIME AND ARE ALWAYS THERE IF ANYONE NEEDS IT!

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AT: LEAH, IT'S BEEN SO FUN TO LEARN FROM YOU TODAY! THANK YOU SO MUCH FOR BEING A PART OF OUR CONVERSATION AND SHARING HOW YOU ARE REMAINING ACADEMICALLY SUCCESSFUL AND POSITIVE DURING THESE UNCERTAIN TIMES!

I WOULD ENCOURAGE EVERYONE TO USE THE TIPS LEAH SHARED THIS WEEK:

1. STICK TO A ROUTINE! – MAYBE TRY AND FINISH EARLY ONE DAY THIS WEEK LIKE LEAH DOES.
2. MAKE A TO DO LIST
3. REORGANIZE YOUR PLANNER
4. MOTIVATE YOUR CHAPTER SISTERS

IF ANYONE HAS ADDITIONAL QUESTIONS ABOUT HOME STUDY TIPS FEEL FREE TO SEND US A DM ON INSTAGRAM AND WE CAN GET YOU THE ANSWERS YOU NEED!

REMEMBER THAT EVEN WHILE WE'RE AT HOME WE CAN STILL FOCUS ON AND ACHIEVE OUR GOALS. WHERE WE ARE IS LESS IMPORTANT THAN MAKING THE MOST OF EACH MOMENT AND BEING AVAILABLE TO ONE ANOTHER!

WE'RE HERE FOR EACH OTHER. LET'S CONTINUE TO BE ENCOURAGERS AND LIVE TRULY. ALSO, ITS VOLUNTEER APPRECIATION WEEK AND I WANT TO GIVE A SPECIAL SHOUT OUT TO ALL OF OUR VOLUNTEERS ESPECIALLY OUR ACADEMIC ADVISORS WHO ARE SUPPORTING OUR CHAPTERS. LEAH, HAVE THERE BEEN ANY ADVISORS THAT HAVE BEEN SUPPORTING YOU?

LEAH: NAMES AN ADVISOR OR TWO

THAT'S IT FOR THE TRULY THIS WEEK. BUT FEEL FREE TO CONTINUE THESE CONVERSATIONS WITH OTHERS YOU SAW ON THE LIVE TODAY OR YOUR CHAPTER.

WE'RE HERE EVERY THURSDAY AT 2P EASTERN NOW THROUGH THE END OF MAY.

AFTER TODAY'S EPISODE, WE'LL POST ADDITIONAL THOUGHTS AND RESOURCES ON MAINTAINING OR CREATING GOOD STUDY HABITS AS WELL AS A DOWNLOADABLE GIFT FOR YOU. SIMPLY VISIT THE NEW TRULY BLOG AT [DELTAZETA.ORG/TRULY](https://delgazeta.org/truly). YOU CAN ALSO FIND ADDITIONAL RESOURCES ON THE DELTA ZETA APP IN THE ACADEMIC SECTION OF THE RESOURCES.

THANKS AGAIN FOR WATCHING.