

Return to In Person Learning

Tips and Resources

YORK 



KINDNESS IS THE NEW NORMAL

- Practice tolerance for different attitudes on COVID-19.
- Be kind, and respect boundaries of others
- Kindness Takes Time: There may be longer line ups for in-person services; patience is key.
- Kindness Holds Space: Take time to listen about different experiences living through the pandemic.
- Stay up to date here:
[Better Together at York](#)

(RE)ESTABLISH A ROUTINE

- Post your schedule in a place for easy accessibility.
- Organize your day first thing in the morning.
- Plan your commute and check for any potential traffic delays.
- Pack snacks & set alarms on your phone to remind you to take breaks.

Tips for Returning to Campus



REVIEW YOUR BUDGET

- Plan for increases in commuting costs, parking, food and living expenses.
- Work-Focused Experiential Education opportunities and Work/Study positions allow students to gain valuable experience while getting paid.
- For more information on Experiential Education, visit: [Experiential Education at York](#)
- For more information on Work/Study programs, visit: [Work Study Positions at York](#)
- For Student Financial Services and Financial Advising, please see: [York Financial Advising](#)



GETTING ORIENTED TO THE CAMPUS AND ACADEMIC SUPPORTS

- Make sure to reach out if you need support.
- York has resources for your academic, social, physical, and mental well-being.
- Those who are still working in a “hybrid” environment can benefit from these reminders.
- For more information, check out: [Services for York Students](#)
- Get (re)acquainted with campus. Check out how to [Schedule a Campus Tour](#)
- New to York? Check out all the supports here: [Transition Support for Students](#)
- Take advantage of Experience York for other campus opportunities: [Experience York](#)



TAKE CARE OF YOURSELF AND REACH OUT

- With the return to in-person learning, you may feel a mixture of excitement and nerves for this new normal.
- It is crucial to prioritize your well-being.
- Get enough sleep (7 to 9 hours ideally), nourish your body through movement and healthy foods
- Keep a positive mindset and embrace change. Focus on the benefits of attending classes fully online, hybrid, and in-person.
- Make sure to reach out if you need support.
- Find a balance between focusing on your studies and engaging in social activities.
- Find out more here:
[Well-Being at York](#)
[Student Life at York](#)

