**Practice Empathy Towards Your Peers**

We are all going to have to pay special attention to the situation our peers may be in over the course of the year. Here are a few ways in which to help each other make it through together.

**Consider Your Peer’s Situations**

Many students are going to find themselves in different situations than your own, some issues to consider when communicating or planning an event are the following:

* Different time zones
* Low bandwidth internet connection
* Caring responsibilities
* Loneliness / isolation
* Limited technological equipment access
* Lack of an adequate study environment
* Uncomfortable making contributions in a virtual environment
* Anxiety

**Stay Connected, Be Aware and Be Considerate**

In a time when people are practicing social distancing, self-isolation, and quarantine, it’s all too easy to focus on your immediate circle. Make a concerted effort to **reach out** to your classmates and **check-in** with them.

**Help Others**

In the midst of something that seems so overwhelming, **helping others** can provide a sense of empowerment. If it be sending around class notes or even suggesting an online game or revision session, find tangible ways to do good and make things better for someone else. We are here to help each other make it through as a community!