

# Overcoming feeling Overwhelmed

Students often say they are overwhelmed when they step into the Online Campus. This may be you and you may feel like you must be the only one feeling this way, but that is only because you can't see the other students and their worried faces matching yours.

Feeling overwhelmed is often because you see everything in front of you, whereas in a face-to-face campus things are drip-fed to you, and you can't see the bigger picture. Let's look at this differently – how empowering is it to see the bigger picture, be given the space to go at your own pace, and still have the support and guidance around you?

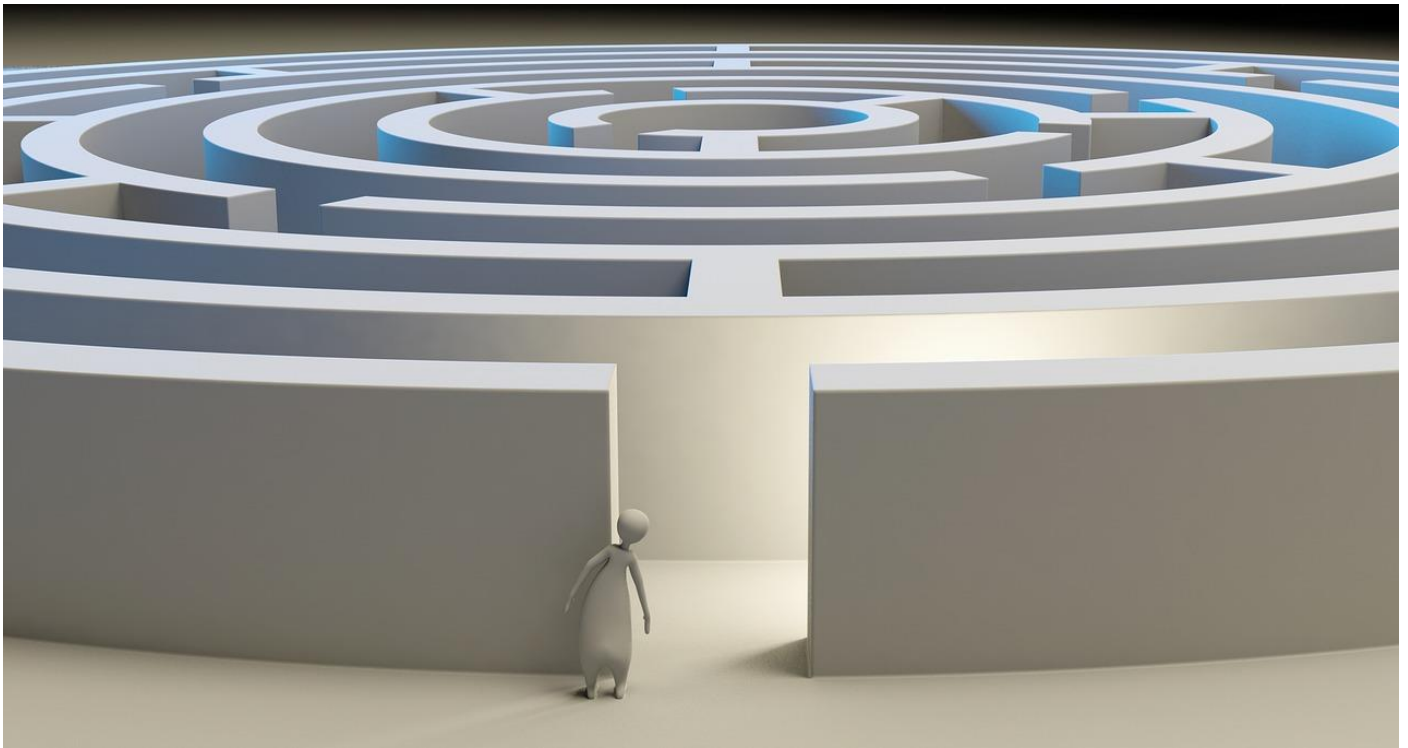


Image: Qimono | Pixabay [LINK](#)

So now you know that everyone feels overwhelmed and that this opportunity ahead of you is exciting and achievable, let's look at how to squish that feeling and tackle the road ahead.

## 1 Know thy enemy

Enemy – not in the sense of something that is against you and fighting you, but something that is in front of you and is asking you to take on the challenge to complete. Spend time looking at the whole programme and the programme guide: How many courses are there? How many assessments? How much time for each course? When are the breaks? What are the areas in each course that you know and will feel comfortable developing your understanding? What are the topics that you feel wobbly on and will need slightly more support or guidance with?

### 2 Plan the attack

Now you know the overall programme and its components, it is time to plan how you will take on this challenge. Work out a schedule that suits you and your situation. Work out when you will review this schedule. Don't forget to plan for downtime, me time, family time, and social time. Utilise the Work-Life-Study Smoothie Mix resource. Remember a plan is only a plan and can be adapted, changed even thrown out if necessary. Part of planning is adding reflection points on how the plan is going.

### 3 Trust in the process

The learning outcomes (LO) of the course and assessments, as well as the programme are things to achieve at the END of the course. You are not expected to be able to do the LOs at the start. That is what learning is all about: i.e. after learning the content and skills, the outcome is that you will be able to do X, Y and Z. This means it will take time, practice, thought, consideration, effort, work, stumbles, questions and many, many more actions. This also means without all those actions by you, learning probably will not happen. Yoobee doesn't expect you to be able to do everything at the start, and we expect some questions, some stumbles and some success along the way. One thing you need to know is that we want the same thing as you: you to achieve learning and complete successfully. And we are behind you all the way.

### 4 Understand the emotions and face it with solutions or find solutions.

Emotions are cues for you to hear what your body and mind are telling you. Yes, this might be daunting, scary and look too big to take on, but it is important to recognise that this is a normal part of taking on something new and unfamiliar. Ask yourself: Why am I having this feeling? What is/are the solution(s) that will help this feeling go away? Can I do the solutions or is there someone that will provide me the solutions?

### EXTERNAL RESOURCES

If you feel you would like to look at some resources before you start, click on the links below to get your thinking going.

7 tips on avoiding being overwhelmed in an Online programme	<a href="#">LINK</a>
How to cope when you are overwhelmed with study	<a href="#">LINK</a>
6 tips for succeeding in online classes	<a href="#">LINK</a>
Successfully overcoming being overwhelmed	<a href="#">LINK</a>