The Covid-19 pandemic has been a wild ride. Not only have we been deprived from human contact, but our student lives have also been overturned. From traditional classrooms to computer screens full of gray boxes, from lively group discussions to muted break-out rooms.

However, we have to face it. As we transition from pandemic to endemic, online classes are here to stay for the foreseeable future. If you are having trouble adapting to online classes, you are not alone. Having online classes is not easy, but we can rise to the occasion by implementing some of the following tips.
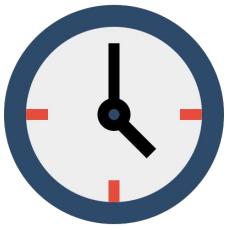
Without good time management skills, we find ourselves cramming and stressing out before tests. Create and stick to a regimen to help us stay focused. Make a weekly calendar the day before the new week begins and divide it up throughout the week so we know what we need to get done on a regular basis. Review stuff in short, manageable chunks; cramming or completing everything at the last minute never works.

Take notes by writing down important points. Not only would it make you more attentive in class, but it also makes it easier to absorb the pointers pertinent to the lesson.

In class, we should ask questions to arouse the curious cat within. Nothing is more frustrating than believing that we would grasp the subject someday only to discover a week before the exams that we still do not understand the concepts. If you're unsure, look for it. Professors and/or seniors are available to assist us!

When we are in good shape, our brain can work at its maximum potential. Make time for exercise and fresh air on a regular basis. Maintain a healthy diet and stay hydrated. Taking frequent breaks to stretch our arms and legs can help us feel better, especially if we've been sitting in front of a screen all day. A good night's sleep is essential. Don't forget to spend time with family and friends. It's crucial to maintain a sense of equilibrium.

As we all know it is easier to get distracted and use social media during online classes. Keep our social media sites and apps closed during classes. This can be easier by putting our smartphones on silent mode and out of reach. In addition, using apps that can limit and monitor smartphone usage can control our screen time and overall social media use.

Staying organised is a responsibility, to ensure we are on top of our classes, assignments, and deadlines. It is evident online classes make the environment less formal and more casual, which in turn may make it seem like 'laid-back' classes. However, that does not equate to watching lectures in bed while laying down! Studying at a desk can improve our concentration as it creates a similar classroom-like environment. Keeping essentials we may need nearby during class allows for concentration as we do not need to move around and get up for anything that can lead us to get distracted.

Setting our own deadlines for assignments. If we easily get stressed out during submissions, this tip is for us! It is imperative to set our own deadlines for your assignment completion. Why? This can allow for ample time to review work by proof-reading, checking for errors, and finalizing. It creates a less anxiety-filled day and avoids the panicky feeling on the due date. Completing our assignment early also allows for higher quality of work.

When it comes to online lessons, having the discipline to sit down and the commitment to show up is required to get the most out of the session. Treat our online class as though it is a traditional one.

Home-based learning is becoming a new norm for many due to the numerous benefits that it brings. However, unlike before, this means we integrate our classes into our home. For some it may be easy but for some living in conditions that are distracting and compact spaces, it is difficult to find a quiet spot to pay full attention during online classes. Hence, it is important to establish boundaries and important timings with family to enhance our learning experience and quality at home. Stay focused!

While we go on about suggestions to cope and do well with online classes, rewarding ourselves should not go overlooked! Rewarding ourselves with activities we love to do or simple treats helps to boost motivation when we know something is waiting for us at the finish line. It can be good to maintain mental stability especially when we have been working hard, stressing out, and trying our best. Studies are important but take a break and reward ourselves!

1. What were the concerns you had before joining SUSS?

I was mainly worried about my ability to cope with the workload and assignments from the university as it differs from what I had in polytechnic. Due to Covid, it was also difficult for me to make new friends and get integrated in the school community.

2. How did you overcome your concerns?

Thankfully there are pre course quizzes (PCOQ) to prepare me for courses before classes. The PCOQ helped me to have a preview of the course contents for the next 6 weeks of lesson. The Experiential Team Building also helped me meet new people. With the help of friends, we were able to help each other with concepts we were unclear of and pull through together!

3. Currently, what do you enjoy most about SUSS?

My favorite thing about SUSS is the autonomy I have in deciding my own timetables and whether to take up in-person or online classes.

Lee Wen, Business Analytics Student of July 2021 Intake

1) What were the concerns you had before joining SUSS?

I was concerned that with online classes, I would not be able to cope and keep up with the syllabus and was also worried that with lesser opportunities to make friends without physical classes, it would be harder to seek help for topics I do not understand.

2) How did you overcome your concerns?

I tried to be more proactive in making new friends and also putting myself out there so that I will be able to make new friends. I also made use of the to-do tasks on canvas to keep track of my work, along with storing digital copies of slides from my courses which made it more convenient to read from my devices whenever I'm available.

3) Currently, what do you enjoy most about SUSS?

I enjoy the supportive culture and values which the university instils among students! Especially the 3Hs, Head, Heart and Habit which is aligned with my personal beliefs as well.

Liang Yee Wah, Business Analytics Student of July 2021 intake

Mini Python Challenge

Given an integer array `nums`, return `true` if any value appears at least twice in the array, and return `false` if every element is distinct.

Example 1:

```
Input: nums = [1,2,3,1]
Output: true
```

Example 2:

```
Input: nums = [1,2,3,4]
Output: false
```

Example 3:

```
Input: nums = [1,1,1,3,3,4,3,2,4,2]
Output: true
```

Constraints:

- $1 <= nums.length <= 10^5$
- $-10^9 <= nums[i] <= 10^9$

```python
class Solution:
    def containsDuplicate(self, nums: List[int]) -> bool:


#Write your code here
```

Look out for the answers in the next Issue!