“The power of community to create health is far greater than any physician, clinic, or hospital.”
- Mary Hyman

Why would I want an accountability partner?

We know it can be tough to create a weekly schedule and set time aside to complete these assignments. However, you are not alone. Thousands of students are in your place, and we can all help one another during this time.
What does it mean to have an “accountability partner?”

1. Fill in the google form.
2. Create a schedule with all your class assignments and exams for the remainder of the semester. If you need any help organizing your schedule, please contact Catherine Raciti at craciti@iu.edu or Anna Heilers at aheilers@iu.edu.
3. Clearly define your study block periods within each day.
4. Once paired with someone, exchange your class schedules. It can be helpful to see how someone else arranged their time.
5. Discuss with your partner the best way to keep in communication. (email/group-me/texting)
6. At the beginning of every weekday, text your partner to tell them what you plan on accomplishing that day based on your schedule. (Example: “Hi Anna, I have to go to my informatics lecture, chasing field epidemiology lecture, do an assignment on a policy recommendation, and read chapter 4 in my sociology book today. What are you planning to do?”)
7. This is optional but highly recommended. Throughout the day, if you ever feel like you need some motivation, text your accountability partner for some support. If you are unsure of where to allocate your time throughout the day, go check the morning text. See if you accomplished everything on it. If you are struggling to focus with everything in your mind, simply text them and ask how they are coping with the uncertainty.
8. At the end of the day, text your partner to tell them what you accomplished based on your morning text. (Hi Anna, I went to my informatics lecture, chasing field epidemiology lecture, and did my assignment for policy. Unfortunately, I procrastinated on my sociology reading and did not get it done. I will make sure to put it on my list of things to do tomorrow.)