

Strategies for Remote Learning Success

generous attention to taking care of yourself. During the second half of the Spring 2020 semester, we will all be learning in new ways, and it will challenge all of us. What we ask from you is the same thing we're asking from the faculty – "do your best." This guide offers some suggestions for how to make a plan and take care of yourself under these new circumstances, including suggestions for how to: stay organized, avoid multitasking, make the most of online lectures, build new learning habits, work with a team, and remain socially connected and healthy.

In the midst of so many unprecedented changes in our academic and personal lives, please pay

stay organized

Your professors have been working hard to reorganize

and reimagine your courses to work online. A lot may

have changed, so carefully read the new versions of your

Include meals, school, exercise, self-care, breaks, and remote

contact with coaches, advisors, and/or counselors.

syllabi and make sure you can answer these questions:

Make a schedule

- **Identify how class activities will occur:** • Are there live Zoom classes, lecture videos posted on
- Moodle, discussion forums on Google Hangouts, etc? • Will they be synchronous (live at a specific time) or
- asynchronous (watch/do anytime)?
- **Check if assignments have changed:** • Are there new due dates?
- How/where will you submit assignments?
- What format will exams use?
- Learn how to get help:

• Is your professor offering virtual office hours?

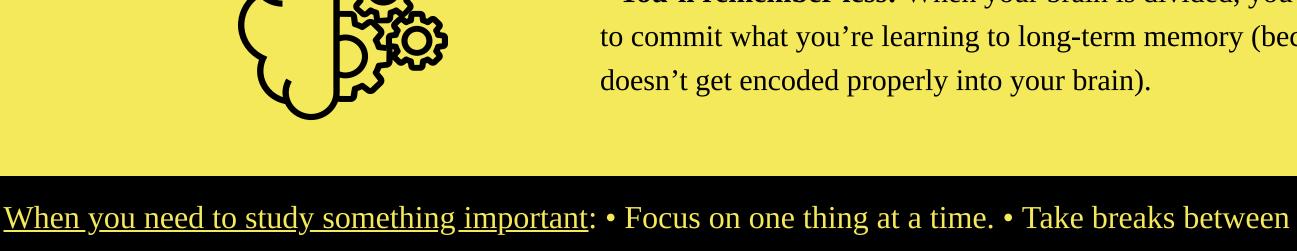
- Is there a forum or other place to ask questions?
- Can you connect with classmates using Slack, group
- chat, text, hangouts, Whatsapp, etc?

Thursday Monday Tuesday Wednesday Friday Breakfast **Breakfast** 8:00 Yoga class on 9:00 YouTube HIS 240 Zoom HIS 240 Zoom **Breakfast Breakfast** 10:00 Breakfast Call coach 11:00 Discussion BIO 110 Record SPA 121 Watch BIO 12:00 forum posts worksheet conversation 110 lecture 1:00 Long run Lunch

is less structured, you might be tempted to multitask. **aVOIC** but research shows that only about 2% can. What you are really doing is switching between tasks very quickly (some call this "micro-tasking").

If you're doing more work on your own and your time





Downsides of

with it, find your spot, and remember what you were going to do next. • You're more likely to make mistakes: Distractions and switching between tasks tires out the brain. • You'll remember less: When your brain is divided, you're less able to commit what you're learning to long-term memory (because it

assignment (from Instagram for example), you have to get familiar

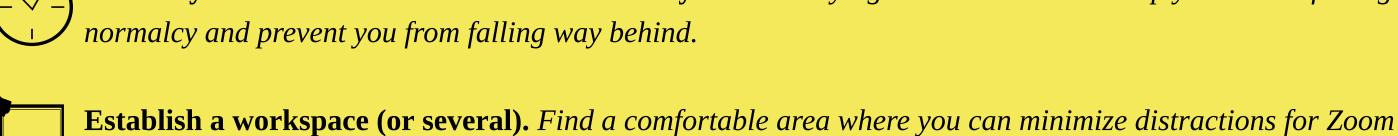
• Assignments take longer: Each time you come back to an

doesn't get encoded properly into your brain).

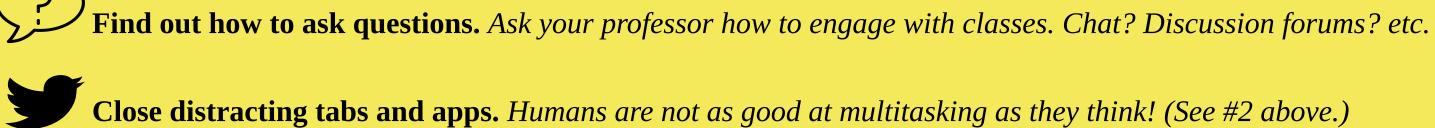
tasks. • Consider the "pomodoro method" to help you focus for 25- or 50-minute periods and then reward yourself with 5- or 10-minute breaks



make the most of online classes Stick to your instructor's schedule as much as you can. Staying on a schedule will help you have a feeling of



 $\stackrel{\square}{\longrightarrow}$ sessions and think about the kinds of spaces you need for your various class activities.

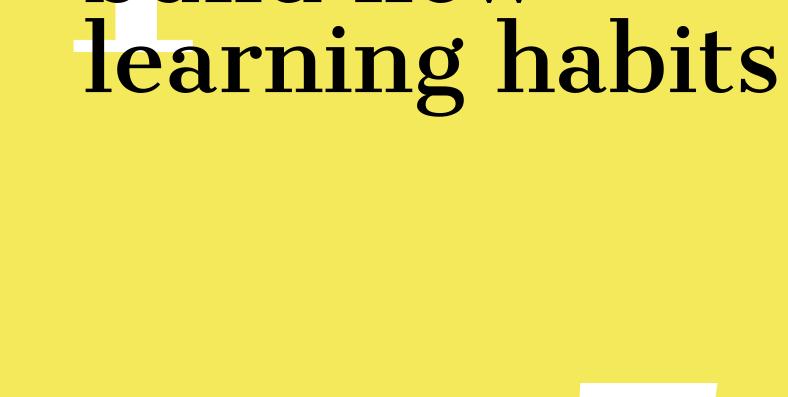


Continue to take notes as you would if you were there in person.

Watch recordings at normal speed. Research shows that playback speed of 1.5x can lower your retention and can result in lower scores on assessments. Faster playback speeds are worse for complex, multi-step material.

You may need to adapt the habits you've already established on campus. For example:

least.



build new

comfortable chair?) and try to recreate it. If you like to study with a group: use Zoom or chat to recreate the accountability and companionship of group

If you usually study in the library: think about what

works for you there (the quiet? the large table? the

learning, but try to avoid distractions. *If you procrastinate*: remember that you won't have the structure of regular class meetings, practices, etc. Set goals, stick to a schedule, and give yourself time. If you never check email on campus: remember that email is more essential than ever; check it 2x a day at

Create a timeline

Collaborating remotely with a group

looks different, but can be done.

Consider the following strategies:



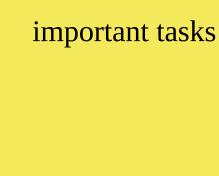
work with a team

of mind" so make a schedule and stick to it

With less face-to-face

contact, the project may

seem "out of sight, out



check in regularly and

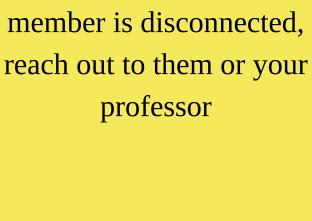
communicate about

Communication is so important when learning remotely! Take

avoid multitasking during meetings

shared document, and

advantage of opportunities to check in with your professors and classmates, maintain contact, and ask questions. If you need help with technology, internet, library resources, or course material, please ask.





remain socially connected and healthy As we limit how much face-to-face time we spend with others on campus, connecting with family and friends and taking care of our own emotional, mental, and physical health is more important than ever. Here are some

continue to engage

ideas, tips, and resources:

host Netflix parties, remotely with clubs, Greek life, teams, and other social groups. Take this family and pets.

Care Connect Establish a healthy daily Schedule video calls, schedule that includes sleep, school work, exercise, fresh air, nourishing food, social interaction, and fun. Remember to occasionally disconnect

from social media and

Breathe

This is temporary. It's

ok to grieve canceled

travel, lost research

projects, a disrupted

senior year. You'll find

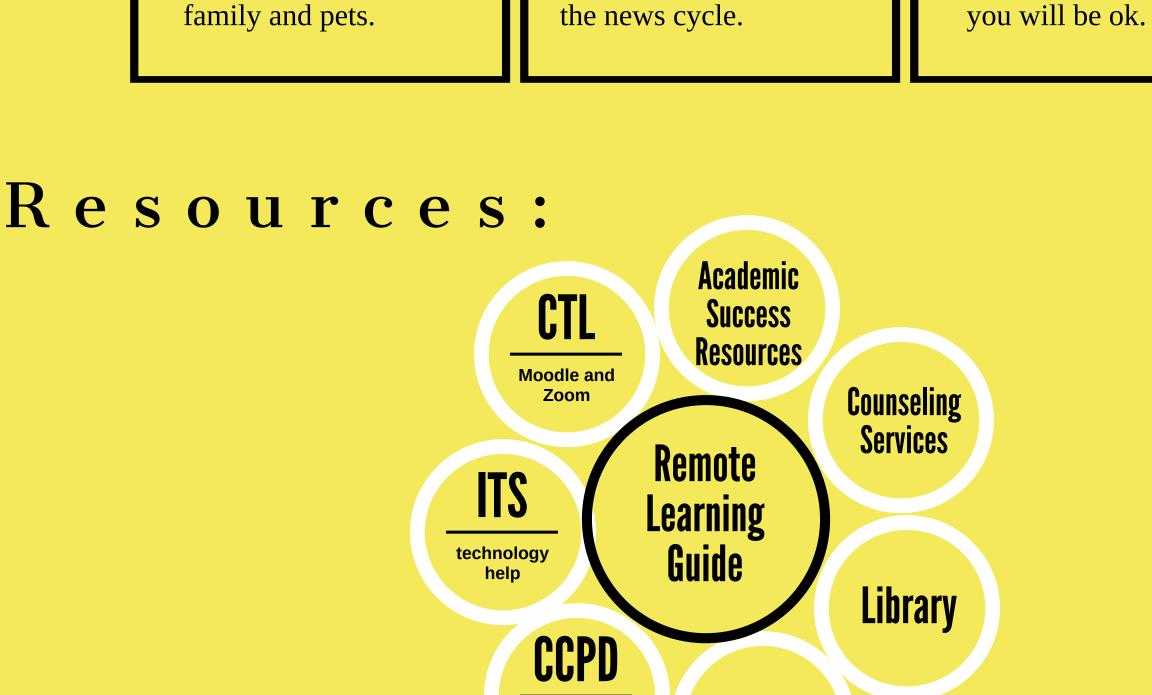
your way and get back

on track. Everyone at

Centre cares about you

and misses you and

chance to spend unexpected time with



Registrar

jobs and internships

