

Adjusting to Learning Online

TIPS FOR SUCCESS

- Find a quiet place to study/work
- Limit distractions by turning off unnecessary devices (phone, tv, etc.)
- Take a 10-minute break every hour
- Create and follow a study schedule
- Eat well
- Exercise regularly
- Get 7-9 hours of sleep
- Set realistic goals and go easy on yourself
- Make time for fun and self-care
- Ask for help



COPING WITH LEARNING DIFFERENCES

- **Reading is key:** You lose the non-verbal cues you get/give in a classroom and you instructor's role may shift to a guide through (vs. distribution of) information
- **Communicate effectively:** initiate more contact, be persistent and direct, and express you confusion and concerns to you instructor as needed
- **Participate regularly:** commenting in online discussion may be needed to increase you presence, shared learning, and senes of class community
- **Ask for help:** contact you instructor IT with difficulties and questions immediately, and share solutions with classmates
- **Be patient:** as much as your instructor will try to be prompt in answering questions, they may be fielding many concerns from other students
- **Stay connected:** if distance learning feels too distant, see if classmates are in online chat rooms while you study to avoid feeling isolated