

# Adjusting to Remote Learning

## Strategies for Student Success



You may be facing a lot of unknowns, and things may feel out of control right now. On this handout, you'll find strategies to help you learn and succeed, even in a time of disruption. Overall:

- **Take care of your well-being** first.
- **Try to be patient** with yourself, your classmates, and your instructors.
- **Make a plan**, set your goals and a schedule.

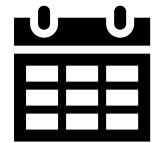
## Staying organized



### Keep track of the changes

Due dates and assignments have likely changed, and some elements of the course may happen in real time, while others happen asynchronously. Your instructors may still be making adjustments to respond to student learning needs in the course.

### Make a schedule



Keep a calendar, schedule or list of work for your courses to help provide structure and keep you motivated. Staying organized is important for remote learning, especially if you are sharing internet access with others. Some find a checklist or Kanban board helpful in keeping track of tasks. Be sure to include time for exercise and self-care.



### Figure out the right pace

Give yourself more time than you think you need to do the reading, homework and assignments, or figure out the technology.

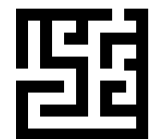
## Studying for remote courses



### Find a regular study space

Imagine that you are going to class every week, and, if possible, choose a comfortable place that allows you to focus on your schoolwork and to minimize distractions. If you like to study in groups, try a virtual or even phone-based study session with your group.

### Avoid multitasking



Learning remotely requires different skills than on-campus learning: Your study habits may need to change. If your time is less structured, you might be more tempted to multitask. Although many people think they can do multiple things at once, research tells us otherwise. Multitasking can make assignments take longer and tire out your brain, leading to mistakes, and less learning.



### Make the most of video lectures

Online lectures or narrated slides provide important course content. Continue to take notes as you would in person. Close distracting tabs and apps. Although it might be tempting to watch recordings at a faster speed—don't. Research shows that playback speed of 1.5x can lower your retention and result in lower scores.

# Staying motivated



## Set goals for yourself and for collaborations

Goals help provide direction and allow you to measure your progress. Consider your short-term goals (this semester) as well as your long-term goals and values. Try to break any major assignments into manageable chunks. Tell study partners about your goals so they can hold you accountable, or write them on post-it notes or a white board, so you have visual reminders to help you focus. For group projects, clarify goals and expectations (how you'll meet, who is doing what, and by when) with everyone at the beginning, and revisit those as the project develops.

## Stay in touch with your instructors

Ask questions. Reach out if you are falling behind. Take advantage of virtual office hours, or email or schedule a phone conversation with your instructors, especially if you have questions or are having trouble keeping up with assignments.



## Ask for help when you need it

Don't wait until the last minute to ask for help. In addition to course materials, your instructor and classmates, you can access all of the support systems remotely – reach out to schedule an appointment with a [Learning Assistance](#) or [Writing Center consultant](#), or connect with your [Personal Librarian](#). If you'd like more ideas, Learning Assistance consultants are available (and eager) to talk about tailored time management or studying habits to help you navigate remote learning successfully.

# Staying connected to family and friends

During a time of social distancing, connecting with family and friends might be more important than ever. And staying in touch with instructors, classmates, and group mates is important for your course work.

- **Schedule video calls with friends and family.** Talking with loved ones is often really helpful when you're stressed or nervous about something. Taking a break to have a laugh is also important.
- **Use [MS Teams](#) to set up study groups.** Many remote courses require you to interact through video, collaborative software, or other online tools. You can also connect with classmates to form study groups or talk through a tough problem.
- **Attend virtual office hours** or study groups so that you can stay up on your coursework.
- Find other ideas and resources for [Staying Connected](#) with Elon students, faculty and staff through virtual community building events.

# Taking care of yourself

Reach out for emotional support using virtual resources such as [Dean of Students/Student Care and Outreach](#) and [Counseling Services](#). And remember that chaplains in the [Truitt Center for Religious and Spiritual Life](#) are available by phone or social media.

## Try out different coping strategies

- Stay active (e.g., take a walk outdoors, exercise, play music and dance).
- Connect virtually with your support networks.
- Find meaningful tasks through which you can channel your anxiety (e.g., do a small home project, tutor classmates or schoolchildren online, start a journal, reconnect with an old friend).
- Try a mindfulness activity (meditation, deep breathing, yoga, coloring).