

Tips and Strategies for Online Learning During the Stay at Home Order

Learning online can sound like a nice option. What is better than working from home in your pajamas, right? While this can sound great in the beginning but without a clear plan it can go sideways fast. What sounds like a flexible option can take some planning, foresight, a lot of self-control and organization. There are lots of articles online but with the added stress of what is going on in the world right now, additional strategies are essential.

Time Management:

- **Make sure you are prepared** and know how to navigate Canvas. Join a free online workshop through Bellevue College: <https://www.bellevuecollege.edu/elearning/current/online-student-canvas-workshop/>
- **Contact each of your instructors** and ask how you can best prepare for their class. Will they be using Canvas? Zoom? Teams? Each platform has informative webinars you can watch to help you prepare if you are unfamiliar.
- **Self-awareness of your learning preferences.** If you are unsure or want to learn more, go to the VARK website and take the learning style quiz. Explore the website for tips and strategies for managing those preferences and adapt to on-line classes as best you can. <https://vark-learn.com/>
- **Keep a routine:** Breaking news, phones ringing, lack of structure, other family members working from home, kids needing attention can all hinder your ability to focus. It is even more important to keep as much of a routine as possible and set as many boundaries as you can. Be as specific as you can and write it on a calendar, sticky note, notepad or wherever is easiest for you to focus on the tasks.
- **Schedule:** make sure you look at your schedule of classes, assignments, readings daily, weekly and quarterly. Write it on a calendar so that you are prepared. Include hours your instructor is available and/or tutoring hours.
- **Set aside a quiet space** for you to work if possible. With many of us having multiple family members at home working, this can be a challenge. You may need to get creative!
- **Multitasking can distract you** and make it much more unlikely you will be productive. Try to turn off the tv and outside distractions and focus on one thing at a time.
- **Keep a list of resources and phone numbers handy:** tutoring center, virtual office hours of instructors, phone numbers to advisors, TRIO contact information, etc.

Self Care:

- **Exercise and take small breaks to reboot.** There are lots of free workout videos online right now. Anytime Fitness and Les Mills are both free and full of energy. Try working out with your friends on Zoom.
- **Get fresh air.** Go for a walk (keeping social distance of course) and open windows to let fresh air in daily.
- **Nutrition!** Feed your brain and your body. This is hugely important right now. We really need to feed our bodies and brains to not only allow us to think clearly for online learning but also to maintain our overall health to ward off or help combat any virus/illness.
- **Get plenty of rest.** Try to get the appropriate hours of sleep to ensure you stay healthy and are ready for learning.
- **Social time:** reach out to friends and family using Facetime, Zoom or another app. It is important to connect with others during this time.
- **Reach out to each other:** even more now, it is important to reach out to others in your class. Even if you are breezing through the content, you could be a great asset to another student. As we all try to come up with ways to help in this crisis, this is a really easy way to help others during this time.