



TIPS FOR REMOTE LEARNING

Learning remotely means potentially many new distractions and a change of pace from the usual academic term. Below are some tips on how to stay engaged and focused while away from the classroom setting!

STAY ENGAGED



Take notes as you would in the classroom setting.



Focus on your class or lecture; don't multitask!



Try to attend classes at the scheduled time!



Dress, shower, eat, and prepare for the day as you would if you were going to class.



Watch recorded lectures at normal speed. Studies show a significant drop in learning between 25%-50% compression.



Make sure you proactively signal to your professor if you are confused; typical non-verbal cues will be hard to catch in an online setting!

ETIQUETTE IN THE ZOOM CLASSROOM

- Be conscious of what you are doing and what is going on behind you during class.
- Treat the Zoom classroom as a regular classroom; avoid walking around or leaving the room during class.
- Read any ground rules laid down by your professor.
- Know expectations for class participation (using chat function, raise hand digitally, etc).
- Mute your microphone when you are not talking to reduce distracting background noise.
- Remember that everyone is impacted by COVID-19 and the switch to remote learning differently. Be understanding, kind, and check in with one another!

STAY FOCUSED AND MOTIVATED



Turn off all notifications while in class and let those around you know that you'll be in class to limit interruptions. Closing all other open windows and applications can also help Zoom operate optimally!



Reward yourself for finishing small tasks.



Use the Pomodoro technique: decide on a specific task to work on. Work on that task for 25 mins followed by a 5 min break. Continue cycle 3-4 times before taking a longer break (30-60 mins).



Keep your workspace clean to prevent procrastination.