

# LEARN FROM HOME STRATEGIES

## INTRODUCTION

*During the next few months the DRC recognizes that students will be doing a lot of learning from home. We created this resource guide in hopes to provide some helpful tips and strategies that can guide you in maximizing your remote learning experience. If you have any questions about the content of this guide, or would like assistance please reach out to your DRC specialist.*



### **Identify and create your ideal study environment:**

*What every study environment should have:*

- Good lighting.
- Comfortable, supportive seating (i.e. a desk chair, not a bed or other furniture in which you might fall asleep).
- Supplies (i.e. pens, pencils, highlighters, textbooks and/or class materials, laptop if needed).
- A to-do list or clear objectives for the study session.



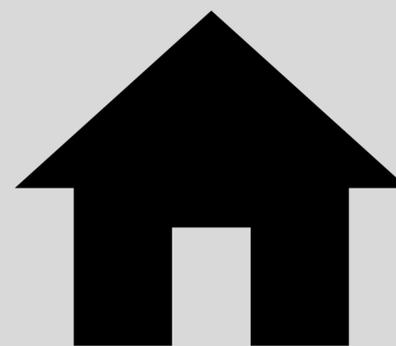
*What every study environment should NOT have:*

- Noise (i.e. including music).
- People distractions (i.e. friends, family).
- Technology distractions (i.e. cell phones, social media sites).

*Helpful tips:*



- Try out noise cancelling headphones, ear plugs, a white noise machine, or a white noise machine app on your phone to use during studying.
- Really think about your work space. Consider if you will be more productive working near others in your family or will you do better working away from others?
- Identify a designated spot in your home where you can do your work effectively. Making it a designated work spot will preserve its association with learning.
- Take short breaks while studying and consider changing up your environment if you are feeling unproductive in that space.



## 2

### **Keep yourself on a schedule & establish a routine:**

Since you will not have consistent face-to-face interactions with your professor and classmates, it will be important to keep yourself on track. The flexibility of studying from home leaves you with many options for how, when, and where to study.

While you're stuck at home, it can feel like you have all the time in the world to get your work done, which ultimately can make it easier to fall behind.



#### *Helpful tips:*

- Figure out times when you are best able to focus. Try to stick with a routine similar to when you were on campus. Establishing a clear routine will help increase your chances of staying on top of your school work, and prevent deadlines from sneaking up on you.
- Schedule in breaks - don't forget to schedule in times for meals during the day, as well as time for exercise and mental breaks. Set a timer for your breaks to keep yourself on track.
- Try to move around and change up your environment to help relieve stress. Consider taking a brief walk, sitting outside, stretching, facetimeing a friend, etc.
- Spread out and visualize your work - use a weekly/hourly calendar, create to-do lists for the day, and write down your goals for the week. Give yourself mini rewards once you accomplish your goals/tasks.
- Relook at all of your syllabi for the semester and make necessary adjustments for any changes in due dates for assignments or exams.
- Re-evaluate goals you established early on in the semester. Check-in with yourself and see where your progress stands and what you still need to work on before the end of the semester.
- Make a study schedule for each course by including blocks of time dedicated for studying and reading, as well as extra time to prepare for exams and projects.

## 3

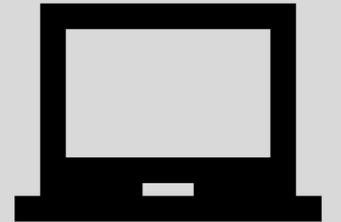
### **Stay organized with online classes:**

- Bookmark webpages that you use often so they are easily accessible.
- While working online is a necessity for remote learning, the internet can become quite distracting. If you find yourself checking social media sites, taking too many Netflix breaks, online shopping, or overall wasting time online when you should be doing work, there are apps that can help. Try online web browser tools such as StayFocused, which restricts the amount of time you spend on time wasting sites.
- Create separate folders for each course in order to keep organized and have easy access to class materials.
- Save professor's slides, articles, and study guides to course folders.
- Create subfolders for each week and label by the the start date of that week. Place important articles, videos, homework assignments, announcements, etc. in this folder.
- Organize your inbox. Emails can pile up due to being a primary way of communication during remote instruction. Set up a time each day to go through and respond to emails and clear your inbox.

## 4

### How to handle online classes:

- Come prepared for virtual instruction. Try to get ready the same way you would if you were attending an in-person lecture on campus - whatever that means to you (i.e. get dressed, shower, eat beforehand, etc). This will help you get focused, motivated, and be in the right mindset to attend class while still in the comfort of your own home.
- If classes are being held at the same time as your in-person classes, make sure you attend. Check your class syllabi and course expectations since many professors will still take attendance and factor participation into your final grade.
- Reduce distractions during lecture. Turn off your phone, do not have a TV playing in the background, and attempt to create an environment as low stimuli as possible, similar to the classroom setting.
- Take advantage of TA/Professor virtual office hours, especially before a big exam or assignment.
- Check your syllabi regularly to ensure your professors have not made any important announcements or adjustments to the schedule.



## 5

### Create and maintain a support system:

Taking online classes can seem a bit isolating at first, but it doesn't have to be!

- Reach out to classmates and hold virtual study sessions via video chat. Hosting virtual group study sessions also helps to establish accountability amongst you and your peers and can help you stay motivated.
- Schedule time in your calendar to check-in with friends and to have virtual meetings with classmates. Seek support and advice from classmates and peers who are in a similar boat adjusting to online instruction.
- Don't hesitate to reach out to your professor if you are struggling. An essential part of staying organized with online learning is to be proactive about asking for help!



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