Online Learning

When life gives you online learning, make an effective study plan! While some students thrive in an online environment, others really struggle to self-motivate, create an effective study schedule, and generally create an online learning routine that helps them be the best students they can be. Online learning is a great educational tool that helps you learn anywhere! In this worksheet we will bust some online learning myths, give you techniques and tips on effective online learning, walk through a weekly online learning routine, and ask reflective questions in order to make online learning more manageable. We also included testimonials from your fellow students on their online learning experience to help provide some enlightenment from your fellow Hawkeyes!

Online Learning Myths:
These are adapted from University of Illinois's *10 Common Misconceptions About Online Courses.*

1. **Online learning is easier than traditional classroom settings-** While online learning can be done in your PJs, many students struggle to effectively learn online because we have been solely learning in person for our entire lives! Online learning takes a modified set of student, study and learning skills that can take time to adjust to.

2. **Online learning means you are all on your own-** Adjusting to online learning settings can feel isolating, especially if you have been used to in person instruction. It is important to know you are not alone! Professors, faculty, staff and your peers are still on your side and in your learning arsenal! The method at which you communicate and interact has changed but that does not mean you are alone.

3. **You can't learn in online classrooms-** Everyone struggles at some point in their academic careers. Adjusting to an online classroom can seem pointless, too difficult and completely out of your comfort zone. While all of these seem true at the time, you are a capable student who just needs to adjust your learning skills to adapt to the situation at hand.

Online Learning Techniques and Tips:
These techniques are adapted from Northeastern University's Graduate Programs blog post on online education titled *8 Strategies for Getting the Most out of an Online Class.*

- **Create a routine or dedicated study time-** Learning from home can be challenging because there are so many distractions to prevent us from getting work done. Making a routine for your online learning can help your virtual classroom experience. This routine can follow your previous in person lecture schedule, or adjusted to be more flexible with your current situations. Dedicating several specified periods of time in your day to study and work on school can really improve online learning experiences.

- **Communicate with professors-** Online learning can make students feel detached from their professors. Reaching out through email, attending online office hours, or

scheduling online meetings with your professors are encouraged. Each student has a highly individual set of circumstances when it comes to online learning, and communicating things such as unstable internet connections, home circumstances, shifting work schedules, and even mental health concerns are all valid reasons to reach out to a professor. Professors are there for you, and are willing to work to give you the best learning experience possible.

- **Get ready for the day and create a study space-** Creating a physical space as well as preparing yourself as you would for your in person classes can help you feel ready to learn. Brush your teeth, eat some breakfast, change into a different set of clothes, and try to work from a clean space dedicated to your academics. Working from your bed can hinder academic achievement when working with solely online courses.

- **Remove in person and online distractions-** Communicate with the people you might be living with what you need from them to create an effective learning space. Turn off your phone, mute unnecessary notifications and generally minimize online distractions as much as possible.

- **Take notes-** Even though lectures and learning is online, notes are still an essential learning tool that helps you retain information from your lectures better. Take a look at Tutor Iowa's tips for note taking if you feel stuck
  https://tutor.uiowa.edu/assets/Uploads/Note-Taking.pdf

- **Take effective breaks-** Knowing your online learning limits and attention span can be difficult, and taking small breaks to get your eyes off of the screen can really aide in making your learning experience much more manageable. Taking breaks that are away from technology, taking a walk, stretch, complete a quick chore, talking to a friend, or getting a snack are all great examples of effective breaks. Make sure you get back to work after you feel rested and ready to learn.

Online Learning Weekly Routine:

Just like in person learning, routines can be really useful for online learning. Creating a schedule for yourself, and holding yourself accountable to that routine helps create a structure that allows for you to be an effective learner. Below you will find an example of a weekly routine created for online learning. It will only include academic activities, but you can personalize the blank weekly example to include your full daily routine if that helps you! Writing down the work that needs to be completed and visualizing these tasks can help organize your thoughts and actions.

Example Online Learning Weekly Routine

In this example routine we will list solely academic tasks and commitments. Times will be listed aside commitments like online lectures, discussion sections and meetings that are to be completed at a certain time of the day. These tasks are going to be bolded, as they are **inflexible** aspects of the online learning schedule. Assignments and exams that are due will also be bolded as they are also **inflexible** aspects of online learning. Other tasks such as designated study times, lectures that can be completed at your own pace, readings, and discussion posts will be in italics as they are *flexible* aspects of online learning, meaning that they can be completed at the pace you set for yourself. At the beginning of the week will be a list of assignments due, in order to help remember them throughout the week.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To be completed this week: -English Essay -Chem Quiz 7 -American History discussion post -Stats exam 3	**10:00-11:00 am- Attend Stats Lecture on Zoom** *Read Chapt. 9 for English* *Watch "American Revolution" Lecture*	**9:00-10:00am- Attend English Discussion on Zoom** *Study for Chem Quiz 7* *Write American History discussion post* **3:00-5:00pm- Attend Chem Lecture on Icon**	**10:00-11:00 am- Attend Stats Lecture on Zoom** *Study for Stats Exam 3* *Watch "American Revolution" Lecture 2* *Review for Chem quiz 7* **Chem Quiz 7 due by Midnight**	**English Essay due by Noon** *Study for Stats Exam 3* **3:00-5:00pm- Attend Chem Lecture on Icon**	**12:30-1:30pm- Attend American History Discussion on Zoom** *Review for Stats Exam 3* **Stats Exam 3 due by Midnight**	**Rest Day!**

Weekly Routine:

Below you will find an empty weekly routine in two different formats in order to provide some flexibility in your organization process. Feel free to color code, bold, underline, and create a schedule that makes sense to you! Printing out the routine and putting it above your workspace where you can see it can help you stay accountable!

Vertical Version:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Horizontal Version:

Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

Reflect on Your Online Learning:

Below are several reflective questions that can help you navigate your online learning. Complete the questions to reflect on your current circumstances and how you might improve your online learning experiences.

- **What time of day are you most productive and how can you maximize your productivity at times you feel less productive?**

- **What are your biggest distractions when online learning and how might you minimize them?**

- **What are some ways you studied for your in person classes that could apply to your online course load?**

- **How are you using your time when online learning?**

- **What is your biggest challenge when learning online?**

- **How do you get yourself motivated to complete online learning?**

Testimonials:

Below you will find some of your fellow Hawkeyes reflecting on their own online learning experiences. These are personal statements from your peers included to help you find some common experiences, feelings, and to obtain some tips on how they have been handling the transition to online learning.

A Hawkeye sharing some obstacles they have encountered during online learning:

"Professor's expectations have not changed. This is the part that is the hardest to take on. We are still expected to fulfill the same number of points and material that the class is supposed to cover, which leads to extended lectures as things take longer online. I have talked to a lot of my peers that all agree how it just feels like we're just skimming right now, not studying."

-A Biology and Education major

Some tips from a fellow Hawkeye:

"Being kind to yourself and managing your expectations around what you can get done in the day is really important to keeping your mental health during online learning. Just make sure to reach out to professors to let them know if you are struggling with your workload!"

-A Communication Major

Some words of encouragement and positivity from a fellow Hawkeye:

"While online learning is not what we decided upon at the beginning of the semester, it has been really inspiring for me to see how some people have really come together to help those in the community. I am really hopeful for things to get better."

-A History and Secondary Education Major