



## On-line Learning: Make it work for you!

As we begin the new semester you may be wondering what the best way is to engage in distance, on-line, or hybrid learning.... in other words, how do I get the most out of studying from home? How do I stay motivated? How do I budget my time? How can I connect with other classmates? The key is to engage with your studies in much the same way you would if in person. Use the guidelines below to create a more personal learning experience when in-person is not available!

- 1) Begin by making a schedule to outline your daily tasks, identify your study times, and stick with it. Time management is everything!
  - a. Use the 24-hour template to map out your week and identify your study times. (See Academic Success Coach for more information)
  - b. Plan a 5-10-minute break for every 45-60 minutes of study time.
- 2) Daily include some type of self-care activity such as exercise, yoga, taking a walk, meditation, prayer, journaling, art/music, or breathing exercises.
- 3) Prepare before lecture by reviewing the PPTS, videos, and the textbook.
- 4) Engage with each lecture by taking notes (preferably Cornell-style) and ask questions.
- 5) If you have a question in a video or textbook, write it down. When finished, email your faculty for clarification.
- 6) Consider joining a study group of about 4 students at the beginning of the semester. Plan to meet over zoom at least once a week for activities such as quizzing each other, working together to write out the weekly objectives, creating a quizlet, and sharing notes on chapters that were read.
- 7) To foster connection in your cohort, post your D2L discussions early to encourage more communication. Ask questions from other posts and consider how you might contribute meaningfully to the conversation.

Follow this link for 2 handouts on how to get the most out of distance learning. Once you click on the link, scroll down to **Resources for Remote Learning Success**:

<https://www.nursing.arizona.edu/academic-success-coaching>