

Tips for Virtual Learning

See [University of Michigan's full resource](#). These are a few summarized tips.

Stay Organized

- a. Make sure you **understand and document** for yourself (as you do at the start of semester) what is expected and when.
- b. **Avoid multi-tasking**. Research indicates that only 2% of us can! So focus as much as you can on one task at a time with breaks between. I am using <https://www.marinaratimer.com/7JabE> to help me work for 25 minutes and then take a five minute break.

When multitasking:

- i. Assignments/tasks take longer.
- ii. You are more accident prone.
- iii. You remember less.

Be smart about class schedules.

- a. **Follow recommended schedules** as much as you can.
- b. Make sure you know from the start **how to get support** from your instructor.
- c. **Close distracting tabs, apps, and devices** when working.
- d. When reviewing a video or reading outlines, **take notes as if you were in class** instead of just printing or saving the notes made by others.
- e. **Do not speed through recordings**. Actually use the fact that you can listen to difficult sections more than once and pause to finish note taking. This is difficult in face-to-face scenarios but can be an advantage of virtual learning.

Set a schedule and stick to it.

We realize this may be difficult for many of you who are caring for others, but **try to be consistent**.

Be willing to **adjust your study patterns** for the new reality.

What you have practiced in the past may not work, be flexible with yourself (and your instructors) until you can adjust.

Group collaboration is somewhat different. Consider these tips:

- a. **Do not procrastinate**.
- b. **Meet regularly** AND establish a clear purpose/goal for each meeting.
- c. **Stay in contact** and serve as motivators for each other.

Keep in touch with your support groups (include this in your schedule).

Remember Student Academic Services is posting resources.

Visit www.winthrop.edu/coe/sas for links to other resources.