Surviving Online Classes - Strategies to Help You Be Successful

Keene State College TRIO Programs

* What’s Different?
	+ **There's no longer a "physical" separation**
		- We need to retrain our brains to shift attention between school and personal life when at home
		- Many of us have never had to self-pace our own work before
		- Not having that human interaction and communication cues during a lecture can be a challenge
		- It's not all bad! Online learning gives all of us new opportunities. What is important is your MOTIVATION to learn.
* What you can (and should!) do NOW
	+ **Create a planner or to-do list**
		- If you don't already have a planner you can take blank pieces of paper and divide them up into days, no need to go out and buy one!
	+ **Identify time(s) you can schedule for academics**
		- We all often have other responsibilities when we are home. Think about your day-to-day and map out times you can commit to academics. Also consider when you are alert and productive and consider spreading out time throughout the day, allowing for breaks or interruptions.
	+ **Identify what you need**
		- Do you have reliable internet? Do you have access to all your school materials? Can you make a physical space where you'll do your work?
* ***A Note on Committing to Learning***

*Life and school are all about what we CHOOSE to get from it. Before you sit down to do any work, engage in a little self-talk and make the choice to be engaged and get something out of the day.*

* Your New Schedule
	+ **Identify what format each class is taking**
		- If your professor has:
			* Structured Class Time/Work: Add those times and any assignment deadlines to your planner/list.
			* Assigned "work at your own pace" materials: Check to see if there is a sequence for which they should be completed, Divide up the assignments over the period of time you have to complete them, Create your own "weekly deadlines" and add those to your planner/list
	+ **Setting some realistic times to do work:**
		- Cut yourself some slack! Reassess and change as necessary. If you struggle with attention, don't try to cram all your work into a few hours. Add in breaks.
		- Time of day can have a big impact, find the time(s) that work best for you.
		- Set some realistic goals to get work done (ex. Complete assignment 1 & 2, or gather research articles for paper, or write introduction and first paragraph) and then reward yourself (social media time, phone call to a friend, getting a snack) for achieving that goal.
	+ **SELF ADVOCATE**
		- Faculty can no longer take cues from body language in class. If you are unclear about something or have questions - you MUST ask! We're all in this together.
* ***Flexibility during all this is KEY****You, your professors, classmates, family, friends, EVERYONE across the country (and world) is adjusting to a new way of living and communicating right now. Cut yourself and others some slack and remember: we're all in this together!*
* Support
	+ **Self-Care**
		- It's okay to not always be okay. It's okay to not always be okay.
		- These are stressful times, make time for the things that make you happy.
		- Social distancing is hard, be sure to keep in touch virtually with your people.
		- Please ask for help if you need it.
	+ **Have a Virtual Work Buddy**
		- Want to be held accountable? Stay connected with a friend from class and set goals for each other, video chat and collaborate on projects (but do so in a way that follows the guidelines of your class. Remember, plagiarism is still a thing, even in a pandemic)
	+ **Communicate with Your Professor**
		- Self-advocacy is so important I'll mention it here too. Communicate with your professor throughout the process, ask for help when you need it, respond to discussions and feedback requests.
		- If you're communicating regularly and you hit a particularly rough patch (family trouble, sickness, etc) they will be significantly more understanding because they know you've been committed along the way.
* Resources
	+ **For Managing Stress**
		- Stress Management:
			* <https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/For-Teens-Creating-Your-Personal-Stress-Management-Plan.aspx>
		- Exercise:
			* <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/exercise-and-stress/art-20044469>
		- Meditation
			* <https://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858>
		- Calm
			* <https://www.calm.com/>
	+ **Academic Support**
		- Aspire, Math Center, and the Center for Research and Writing will ALL be offering tutoring remotely. See their specific pages on keene.edu for more information.
		- There are a LOT of online learning resources out there. Some guidelines:
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			* Many offer free versions, be sure not to commit to paying after a free trial. The best way to ensure this is to not give your credit card info
			* If a site seems sketchy, do a quick google search to see if it's a scam OR ask your teacher
			* Quizlet and Kahoot are GREAT, but be careful about pre-made material, the spread of mis-information is all too easy. The best thing to do is make your own.