Keep Learning

Adjusting to Online Learning
During COVID-19
Covered in this guide:

• **Tips for transitioning to online learning**

• **William & Mary resources for academic success and personal wellbeing**
Acknowledge the Change

• Things may feel out-of-control right now. You may be facing many unknowns and disruptions.

• Be patient with yourself, your classmates, and your instructors during this time.

• Take care of your wellbeing first. Making a plan and adjusting your studying may help you feel a heightened sense of control.
Tips for Online Learning

Understand that online learning is different from in-person learning; you may need different strategies for success in the online environment.
Stay Organized

• A few things to keep track of for each class:
  – Are in person components of class changing?
  – Are assignments changing?
  – What do I do if I need help?
Stay Organized

- Develop a system to keep track of class changes

<table>
<thead>
<tr>
<th>Important dates</th>
<th>Class 1</th>
<th>Class 2</th>
<th>Class 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>No lab</td>
<td>Discussion optional</td>
<td>Paper Due Friday</td>
<td></td>
</tr>
<tr>
<td>Live lecture</td>
<td>Recorded lecture</td>
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</table>

<table>
<thead>
<tr>
<th>Big changes</th>
<th>Class 1</th>
<th>Class 2</th>
<th>Class 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lecture link</td>
<td>Discussion link</td>
<td>May do paper instead of a group project</td>
<td></td>
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<tr>
<td>Office hours link</td>
<td>Lecture link</td>
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<tr>
<td>Lecture link</td>
<td>Discussion link</td>
<td>Group paper folder</td>
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<td>Lecture link</td>
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Avoid Multitasking

• Doing more work on your own time creates the temptation to multitask
• Downsides of multitasking
  – Assignments take longer
  – You may make more mistakes
  – You will remember less
Avoid Multitasking

• Focus on one thing at a time
• Take breaks between tasks, at least once per hour
• Consider the "pomodoro method"
Make the most of video lectures

• Stick to your instructor's schedule as much as possible
• Find out how to ask questions during and after lectures
• Close distracting tabs and apps
Make the most of video lectures

- Continue to take notes as you would if you were in person
- Watch recordings at normal speed
Set a Schedule

• As the semester unfolds you may have fewer commitments.
• Setting a schedule can provide structure and keep you motivated.
• Try creating a weekly calendar to organize your time. Use a daily "to do" list.
<table>
<thead>
<tr>
<th>Scheduled Activity</th>
<th>Course Tasks</th>
<th>Personal / Self-care</th>
</tr>
</thead>
<tbody>
<tr>
<td>8am</td>
<td></td>
<td>Shower, Breakfast</td>
</tr>
<tr>
<td>9am</td>
<td>Call in for remote lecture</td>
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<tr>
<td>10am</td>
<td></td>
<td>Read chapter 3</td>
</tr>
<tr>
<td>11am</td>
<td></td>
<td>Break - video call with friend</td>
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<tr>
<td>12pm</td>
<td></td>
<td>Lunch</td>
</tr>
<tr>
<td>1pm</td>
<td></td>
<td>Read chapter 4</td>
</tr>
<tr>
<td>2pm</td>
<td>Recap lecture with classmate</td>
<td></td>
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</tbody>
</table>
Trade Existing Strategies for New

• Look for ways to adapt your usual habits or form new ones.
  – Where do you study?
  – Do you normally study alone or in groups?
  – Have your assignment timelines changed significantly?
Working with a Group or Team

- Try not to procrastinate
- Meet regularly
- Set a purpose for meetings
- Keep videos open when you can
- Check on each other
Stay Connected to Others

• Staying in touch with instructors, classmates, and group mates is still important for continued classwork.
  – Schedule video calls with friends and classmates
  – Use Zoom to connect
  – Attend virtual office hours & study groups
Study Groups

• Meet on Zoom with 2 or 3 classmates
• Quiz each other – current and prior material
• Prepare 5 questions & answers for each meeting
  • Identify what others think is important
  • Identify concepts you may have missed
  • Practice teaching
  • Identify gaps in knowledge
  • Keep material fresh
Additional Resources

• University of Michigan

• 8 Strategies for Getting the Most out of an Online Class

• 10 Study Tips for Online Learners
W&M Academic Resources

- Zoom Videoconferencing
- Academic Enrichment Program
- Writing Center
- Academic Advising
- Student Accessibility Services
Zoom Resources

- **Test your set-up** before your first class!
- Connect with classmates to get familiar with the new technology
- The [Zoom Quick Reference Guide](#) is a helpful tool to keep close by when you begin your classes
- See IT's website for [more information about Zoom](#)
Internet Options

- Public Wifi
- Eduroam
- Mobile Hotspot
- Home Internet
The *Tribe TutorZone* will be fully functional online for nearly 100 courses beginning Monday, March 23.

- The TutorZone online source is open 7 days a week.

- To schedule a meeting with a tutor, create an account at [www.wm.edu/tutors](http://www.wm.edu/tutors)

- At the meeting time, your tutor will send a Zoom invitation to your W&M email.
Time Management & Strategic Learning

• Free time management & strategic learning consultations
• 10 trained peer consultants available to discuss learning strategies & time management.
• To schedule: www.wm.edu/tutors
The A&S Writing Resources Centers remain available to work with students on writing and communication assignments. The following centers are offering synchronous online consultations:

- Writing Resources Center (WRC)
- Graduate Writing Resources Center (GWRC)
- History Writing Resources Center (HWRC)

To make appointments, go to wm.mywconline.net. Appointments are 50-minute sessions with a trained consultant.
Academic Enrichment

• Discuss how to manage your online courses.

• Help for students in the Aspire program with questions about their academic progress or continuance requirements.

• Connect via phone or Zoom with a staff member from Academic Enrichment.

• To schedule: 757-221-2512 or online
Academic Advising

• For the Spring 2020 Academic Advising Period:
  – Your pre-major advisor should reach out to you to schedule a virtual appointment.
  – If you wish to speak with your major advisor, email them to request a virtual meeting.
  – If you wish to speak with a professional advisor in the Office of Academic Advising, please book your appointment online or email advising@wm.edu.
Student Accessibility Services

• SAS staff is available online or over the phone 757-221-2512

• Staff is available to discuss how changes may affect accommodations

• Visit SAS website for FAQ
Health & Wellness

• Access **Virtual Health & Wellness** for articles, on-demand videos and live online events.

• The Student Health Center is currently open Monday-Friday, 8am-5pm. To schedule an appointment: 757-221-4386

• 757-221-3620 to connect with a counselor
Student Success

- Dean of Students
- Care Support Services
- Enrollment Support Services
- Community Values & Restorative Practices
- The Haven
- Center for Student Diversity
Thank you!

www.wm.edu/doso

757-221-2510

deanofstudents@wm.edu