

Adjusting to

# REMOTE LEARNING

Quick study tips for adjusting to remote learning.

## FLIP THE PAGE ONCE YOU'RE READY!

Here's all the stuff you need before you start, once you are ready, flip the page over to see the steps!



### TIME

Give yourself about an hour or two to set up your workspace and prepare for the transition to remote work. Adjusting can take time but following these steps can facilitate the process.



### MATERIALS

- Computer
- Internet access
- Dedicated workspace
- Day planner



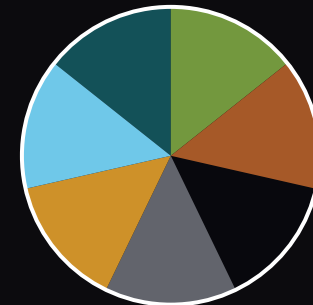
### PARTICIPANTS

YOU

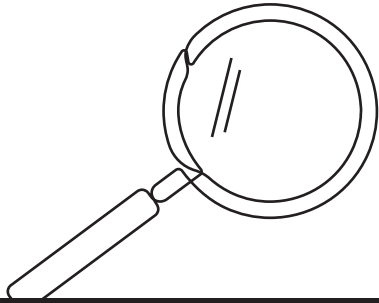


### DIFFICULTY

2/5 MODERATELY EASY



COMMUNICATION  
INNOVATION  
CRITICAL THINKING  
TEAMWORK AND COLLABORATION  
PROBLEM SOLVING  
CAREER AND PERSONAL DEVELOPMENT



# 1

## IDENTIFY WHAT HAS CHANGED

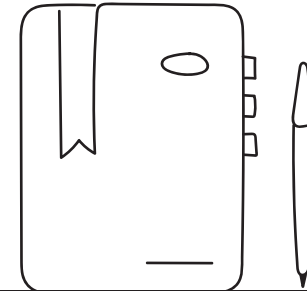
- How do you access class material and lectures?
- How will your tests take place?
- Have your due dates changed?
- How do you submit assignments?



# 3

## HAVE A DEDICATED WORK SPACE

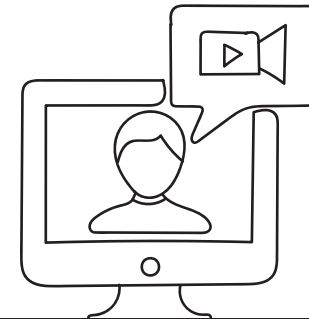
- be consistent about where you work.
- Set aside a specific place where you will work (not bed or other relaxation-gearred areas).
- Recreate your favourite study location—quiet space (ear plugs if needed), noisy space (YouTube has many background noise videos), music, a specific office chair, etc.



# 2

## CREATE A SCHEDULE

- Avoid multitasking; focus on one task at a time.
- Take breaks between subjects.
- Maintain lecture/class schedule if possible.



# 4

## ADJUSTING TO VIDEO LECTURES

- Try to maintain class schedule and attendance, even if lectures are pre-recorded.
- Find out how to ask questions (live chat or Canvas discussion).
- Avoid multitasking and close other apps or windows.
- Take notes like you normally would on campus.