



Continuous Learning Tips

SPACE

- Comfortable seat (upright is best)
- Light enough to see and be seen
- Neutral background for Zoom classes
- Clock – don't rely on your phone
- Try to use the same spot every day for class and for work

TIME

- You can still use your LC planner! Just ignore or change the times.
- Can you designate a study time each day?
- What is expected outside of class?

TASKS: What can you do with the time you have in and out of class? Write out a list of concrete tasks each day.

- Planning?
- Specific homework?
- Questions for your teacher in the next class?
- Checking in with a classmate?
- Organizing?
- Brainstorming?
- Reviewing vocab, problems, procedures, etc.?

MATERIALS

What tools will help you be an effective learner?

- Writing utensils
- Paper for note-taking
- ⇒ Paper is good! It is hard to flip between screens.
- Place to jot things you want to say in class
- NOT your phone. Put it out of sight, sound, and reach.
- Headphones – use what makes you comfortable (as long as class can hear you)
- ORGANIZE computer files
 - Folder for each class
 - Name assignments clearly for upload
 - Save drafts as separate docs

RESOURCES

- ✓ Who is available to help you and when?
- ✓ Check your email and the portal every day
- ✓ Write things down for the next class so you are able to use “live” time with your teacher (questions, due dates, clarifying points, etc.)
- ✓ Check in with your advisor, Counseling, LRC, Deans, College Guidance, etc. – we are here to help!

REMINDERS:

- ❖ This is new and different. It may impact your attention span and motivation.
- ❖ This is new and different. This is a great reason to try new strategies!
- ❖ Build in breaks!
- ❖ Multi-tasking is not possible. When it's school time, just do school.

