

Strategies for Remote Learners

Establish Norms and Routines

- Keep track of your weekly schedule in one place (this can be an electronic or paper calendar, online task management tool or app, a journal, a task board).
- Keep track of all important dates and assignments in one place
- Determine when specific work will be completed (synchronous sessions, project work, turning in assignments) and develop a plan for how you will accomplish these.
- Work with others in your setting (family, roommates, pets) to determine what is needed to learn. (Is quiet time needed during certain times of the day? When will you need access to certain resources (computer) to do your work? Should a specific area be dedicated to working on lessons?)

Self Monitoring

- Time and Task Management - Set specific times when you will work on specific assignments. Close non-essential programs to work on specific work. Chunk your work time into shorter yet focused intervals.
- Check your understanding with frequent quizzes. Analyze wrong answers to figure out gaps in your learning.
- Managing stress - Physical activity is a healthy outlet for managing stress. Getting regular (and enough) sleep helps limit stress and also supports long-term retention of knowledge.

Metacognition is thinking about one's own thinking and learning. A metacognitive learner knows when they are on the right track and when they are having difficulties.

- Explain what you're learning to yourself.
- When you get stuck: Ask for help. Start over. Keep working at it by trying to learn it a different way.
- Ask yourself questions: Did I already know that? How would I explain that to someone else? Does it conflict with what I thought I knew or thought I could do? With what parts of this do I need help or more practice?

Learning from a Distance

- Reaching out for help - You are not alone in this journey and should reach out to other members of your course and instructors when you have questions.
- Learn so that you can teach what you're learning to someone else.¹
- Recognize that you can improve your learning by changing what you do.
- Stay positive. Own it.
- Don't just study to pass a test; strive to learn at a deeper level to gain expertise.¹ Remembering → Understanding → Using (applying, analyzing, creating)

Many aspects of learning, including strategy and effort, are under your control. Learning is not something done to you by a teacher. It is a process in your brain of adding and changing existing knowledge. Learning only happens if you actively participate in the learning process. Hard work and active engagement lead to deeper learning.

¹ Yancy & McGuire (2018)