Adapting to Online Learning
MCB Workshop Series
Tuesday, September 8, 2020 | 4:30pm
Hosted by: Dr. Aaron J. Godwin, Michael Kim, and Jingyi Yang

1. Correct Expectations
   a. Rigor, not like last term, asynchronous v. synchronous, some classes using hybrid of both

2. Establish a Workspace
   a. Dedicated place to study
      i. Doesn’t have to be big
      ii. Controlled by you and dedicated to studying
      iii. A space that is only used for studying
   b. Remove clutter
      i. Try to clear your desktop of anything not used for studying/homework
      ii. Clean up when you’re finished so your space is ready for use the next day
   c. Turn off distractions
      i. Keep only things in your study space that will help you maintain focus
      ii. Earplugs or headphones can help tune out distracting noise
   d. Use a good desk and chair
      i. If you’re at home, it’s tempting to go to Zoom lectures and classes or study and do homework in bed or laying down on the couch
      ii. Research shows that retention decreases when lying down
      iii. Sitting upright in a chair that has good back support is ideal
   e. Good lighting
      i. Natural lighting is energizing
      ii. Lightbulbs with cool tones aid in concentration
      iii. Temperature is important. Rooms that are too cold can contribute to errors. 72-77 degrees is best.
   f. Keep supplies handy
      i. This includes staying hydrated and energized so keep water and snacks close by.
   g. Study playlists
      i. There are a number of excellent options on the internet
      ii. Research shows that music with a tempo of 60-70 beats per minute help with longevity and retention
h. Find what works for you
   i. Sometimes you need different things at different times. Do some trial and error to find what works best for you. Maybe a scented candle helps you or maybe more upbeat music helps you be less distracted. Do what works best for you even though it might be entirely different than your closest friend or roommate.

i. List of rooms on campus available for studying
j. Plan “B” – have a back up

3. Know Your Resources
   a. Course materials
      i. Know what you need access to and how to access it
   b. Technology needs
      i. Do you have everything you need to succeed in your online classes?
         ii. Contact the Student Assistance Center
   c. Internet Options
   d. Campus Resources
   e. Library online access to journal databases; access from anywhere, don't pay
   f. Library FAQs

4. Stay Organized
   a. Keep copies of the work you submit in case of a technology problem
      i. Might be a good idea to keep a running document of your discussion posts and replies
   b. Take good notes during online lectures, asynchronous lectures, and required readings
   c. Google calendar
   d. Whiteboard on the wall
   e. Being honest with yourself on what you typically forget
   f. Write down your homework assignments, due dates, test dates, etc.

5. Time Management
   a. Use a structured schedule
      i. Online learning comes with a lot of flexibility, especially with regards to asynchronous courses and when to study
      ii. Scheduling a time for your asynchronous courses/lectures
      iii. Plan for study time
      iv. Treat these blocks of time as serious as you would a required face-to-face class session
   b. Prioritize deadlines/“triage”
i. Organize your “to do” lists in terms of deadline priorities
ii. “triage” your lists by place items that are imminently due toward the top and pushing things that you have more time to complete toward the bottom

c. Recognize how easy it is to far behind in asynchronous

6. Meet your peers & instructors
   a. Make an effort to “meet” your classmates
      i. Take time in breakout rooms to get to know group members names, majors, etc.
   b. Watch your lectures together
      i. Synchronous lectures can be watched together in the same space
      ii. Asynchronous lectures can be watched together during the same time period, even if they are different classes
   c. Create virtual study groups
      i. People are living all over, so forming good study groups might need to be done online
      ii. Use apps/resources like GroupMe for your classes and study groups to keep in touch and ask questions when studying and doing homework
   d. When possible, turn on your cameras to engage with your classmates and instructors
      i. When answering questions or participating in discussions, look into the camera
   e. Virtual office hours are just as important as in-person office hours
      i. Build connections with your professors

7. Self-Advocacy
   a. You deserve clarity and understanding
   b. Ask for help
   c. Know your worth
   d. You’re the best advocate for your needs
   e. Mental Health Resources
      i. Counseling Center Options
      ii. PsychologyToday
      iii. Help with anxiety of all kinds
   f. DRES – see below
   g. Advising office and Instagram

Useful Links to Browse for More Information
https://remote.illinois.edu/student-resources/
https://odos.illinois.edu/community-of-care/student-assistance-center/
https://registrar.illinois.edu/faculty-staff/course-catalog-and-scheduling/specifications/ (Study Space Rooms Excel File is linked at the top)
https://techservices.illinois.edu/content/uiuc-anyware
https://library.illinois.edu
https://www.library.illinois.edu/geninfo/covid-19/ - The FAQ at the bottom is particularly useful
https://provost.illinois.edu/education/who-to-ask/
https://illinois.campuslabs.com/engage/ - List of all RSOs on campus
http://counselingcenter.illinois.edu/node/116 - Making your initial appointment
http://counselingcenter.illinois.edu/outreach-and-prevention/outreach-series - Workshops for Test Anxiety, Time Management, and more

Psychologist Referral List for Academic Screening in Champaign-Urbana:
Dr. Thomas-Stagg
2500 Galen Dr Suite 4
Champaign, IL 61821
217.714.7042
jonathan@cuevergreen.com
https://www.cuevergreen.com/

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