



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 v. sitting in a chair
 - 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 form 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 fall 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://www.seek.com.au/learning/studying/study-tips/songs-to-study-to>

<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 y our 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](tel:217.714.7042)
jonathan@cuevergreen.com
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