

STUDY STRATEGIES TO LEARN ONLINE

As a Georgia Tech family, we are all in this together! Be patient with yourself as you embrace this new learning opportunity. The Academic Coaches at Georgia Tech have created these tips to help you get motivated and succeed. Above all, take care of yourself emotionally, mentally, and physically. If you need to talk and get grounded again in your plan, schedule an online Academic Coaching appointment. You got this—GO JACKETS!

FOCUS ON WHAT YOU CAN CONTROL

Everything is changing so quickly, and you may be feeling confused and frustrated at times. Be patient and focus on what you can control. Start by creating a list of your classes and any changes made by the professor: What will be the new instruction method? How will your professor and students communicate? What key dates have changed? What resources are available (online, friends, GT) to help you learn this material? Make a list of all these details and display them where you can see.

ASK QUESTIONS AND STAY IN THE KNOW

Get in the habit of checking Canvas for professors' and advisors' updates frequently. Make a list for the day based on what you see. Then, check your email—both Georgia Tech and personal email—so you can have a fuller picture of the days ahead and what is new. Staying in the know is the key to this game. Burying your head in the sand because something is difficult will only increase your stress. Reach out to professors and classmates using Piazza or Discussions in Canvas; ask questions about how to do things because all of us— even the smartest professors—are figuring this out together.

CREATE A NEW ROUTINE

You may be tempted to sleep late and only work when deadlines are due. Resist and create a new routine to give you purpose and stability. Use the Weekly Schedule to create a goal schedule for yourself for the rest of the semester. Self-directed study can be tricky but not impossible—you will need to stay consistent and self-monitor your progress. Make room for breaks and exercise throughout the day and be sure to designate specific times both for school and for relaxing. Maybe you won't have to get up for that 8am anymore but setting the alarm and finding a routine that works for you is critical. You can't just wait until you feel like it or you will fall behind.

FIND A STUDY SPACE

Creating a space for studying will help you get in the right mindset. Studying on your bed or couch may have worked in the past but finding a designated space—maybe a chair and a desk somewhere tucked away from the buzz of the house—will help you stay focus. If you can, set up a study desk clear of other things for your textbooks, notebooks, laptop, pens, pencils... whatever it is that you need. Be thankful you don't have to carry that heavy bookbag anymore with you. If you live with other students, why not talk to them about designated study spaces?

STUDY STRATEGIES FOR EFFECTIVE ONLINE LEARNING



1

Your ability to **focus and stay engaged** while you watch lectures is of the utmost importance. You shouldn't be texting friends or talking to your roommates while having the professor's lecture playing on the computer. You won't absorb the information (despite how highly you think of your attention span), and you will end up having to re-watch it. To avoid this, just like you do in class, put your phone away, close your email and other tabs on your browser, and trust the old Pomodoro technique. Give yourself a designated amount of time, have a pen and paper ready, and take notes. Afterward, take a 10-minute break—or however long you need to re-charge—and relax before you go back. Use the Weekly Schedule you created to guide yourself and create accountability.



2

Take 20-30 minutes after the lecture to review your notes, making a quick mental (or written) summary of what the professor just said. What you are trying to do is consolidate the information recently acquired. Make notes of confusing things so you can follow-up on Piazza or with classmates. Tutoring will also be available online, so why not schedule a 1-to-1 appointment and do a review/practice session with a tutor?



3

If you have attended coaching, you know we love the Chunking Method over the Cramming Method. Distribute the work over a few days, allowing yourself to work a little bit at a time rather than all at once. This will allow your mind to forget and then recall: this helps move information from short term memory into long term. The speed at which you manage to recall will help you later during quizzes and exams.



4

Communicate respectfully and promptly with your faculty when you experience challenges. This move online has been sudden and fast for all. Faculty and staff will be doing their best to support you, but unanticipated challenges will still arise. Communicate often with your professors to create solutions when necessary. Again: pretending there isn't a problem may seem more comfortable, but in the long run, that can create more difficult consequences.