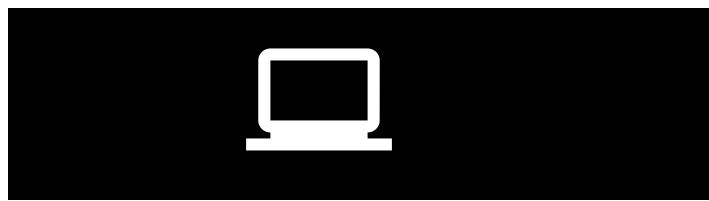
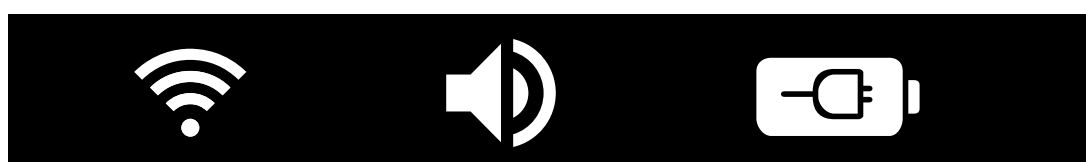


Student Success Center

5 Tips for Learning from Home



Making Remote Learning Stick



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5 Tips for Learning from Home



1

Find a quiet space dedicated to class and study times!

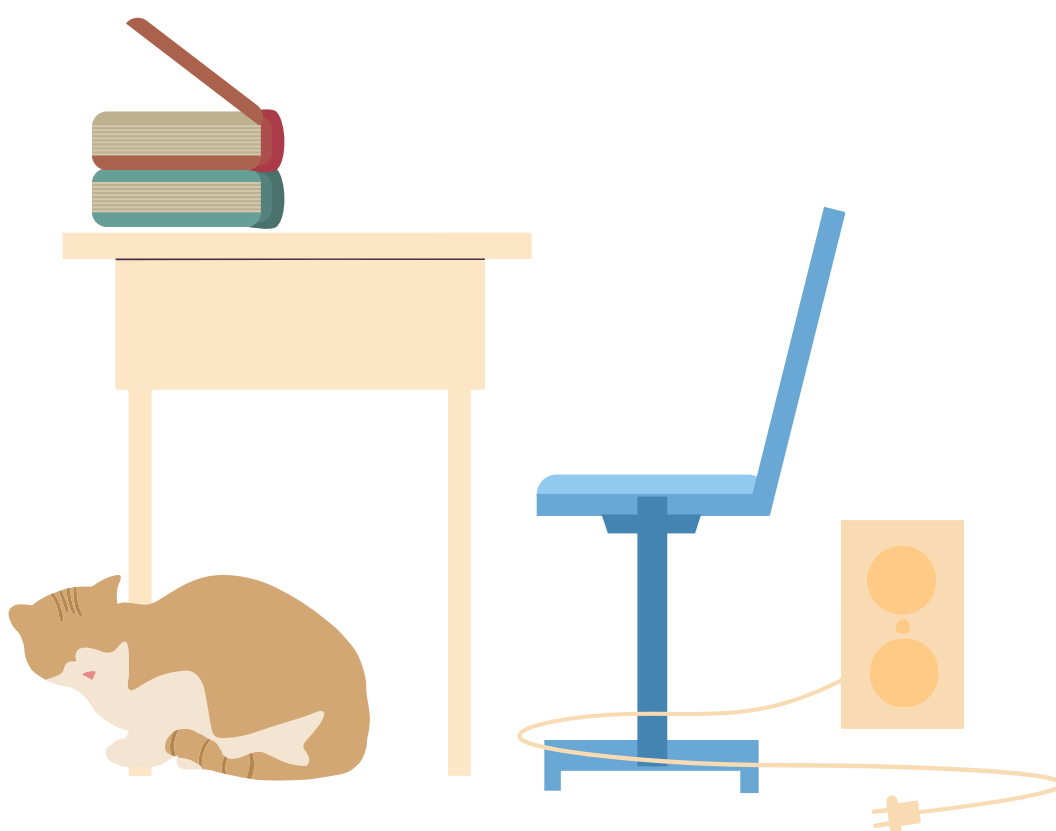
When working from home, it's easy to be distracted by the people and things surrounding you. If you designate a quiet area solely for studying and attending classes, chances are you'll find yourself more focused on school!

CollegeInfoGeek has a great video on how to create a distraction-free study space:

<https://collegeinfo geek.com/create-study-space/>

If you can't find a quiet, distraction-free spot in your home, try checking out some of the classrooms around campus dedicated to remote learning:

<https://registrar.uark.edu/open-rooms/index.php>



5 Tips for Learning from Home



2

Turn your phone off and put it away!



You might think you're a good multitasker, but studies show that you almost certainly are not.

Switching between tasks frequently can be detrimental to the way you learn new material! Check out this list of apps to help you limit your screen time:

<https://techwiser.com/apps-to-keep-you-off-your-phone/>

"As great as the human brain is, it is next to impossible to pay attention to two controlled things at the same time, such as listening to a lecture of material you do not know well and texting a friend."

Doyle, T., Zakrajsek, T. (2019) The new science of learning: How to learn in harmony with your brain (2nd edition). Stylus.

5 Tips for Learning from Home



3

Take active notes while your professor is teaching!

Committing to taking notes during class will help you stay focused and recall important information when you're studying later.



CollegInfoGeek is back, but this time with a variety of different notetaking techniques, so you can choose what works best for you:

<https://www.youtube.com/watch?v=AffuwyJZTQQ>

5 Tips for Learning from Home

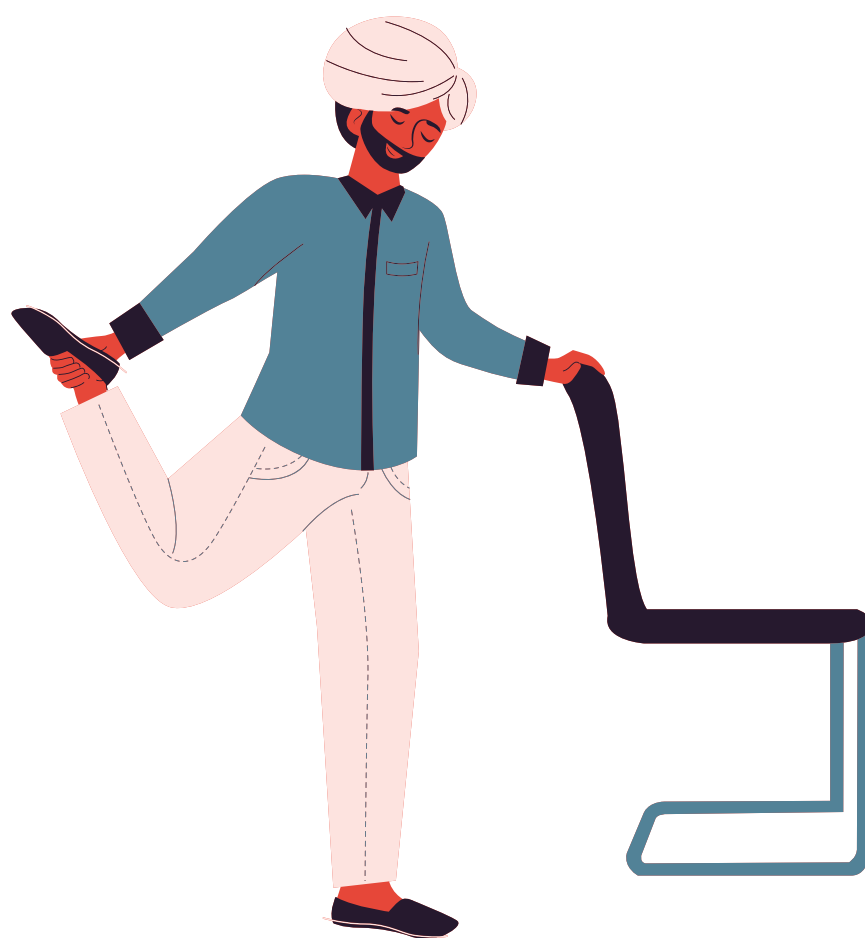


4

For longer classes, take short breaks to stretch!

Although it's great to be able to roll out of bed and log into class, you are missing out on the benefits of walking to and from class. Avoid being completely sedentary by standing up every once in a while, going for walks, or even sitting on an exercise ball during class. If you can't stand during class, try stretching your arms or neck.

<https://uwaterloo.ca/kinesiology/how-long-should-you-stand-rather-sit-your-work-station>

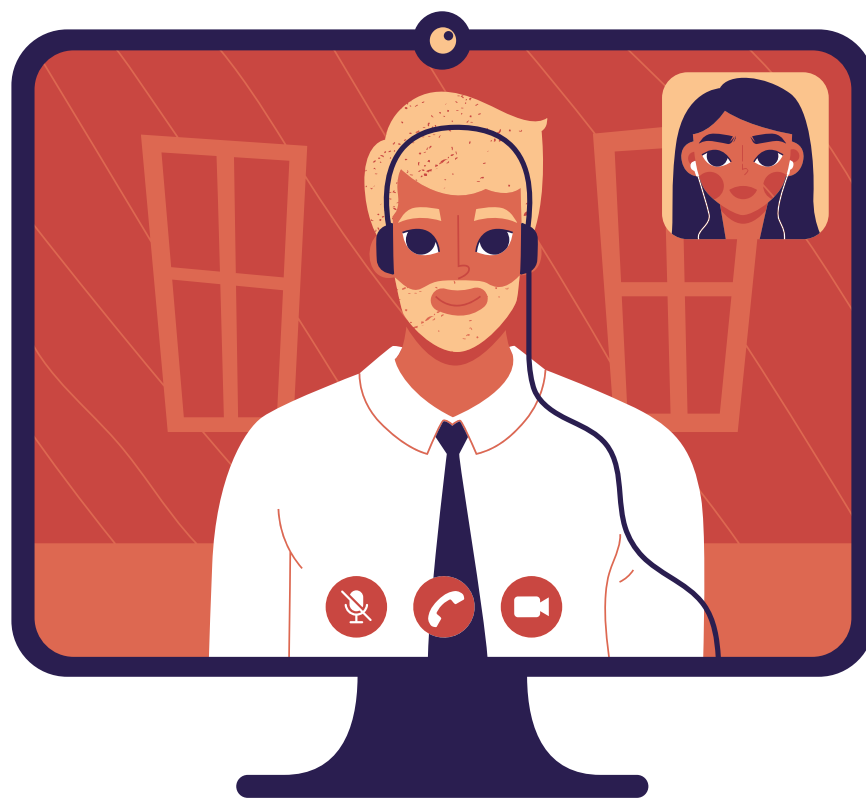


5 Tips for Learning from Home



5

Turn your camera on! This will motivate you to stay engaged.



With remote learning, it's easy to get distracted by the things around you. Turning your camera on can hold you accountable and help keep your focus on your professor. Keeping your camera on also mimics the traditional class experience and can motivate you to participate in discussions and ask more questions.

https://www.collegian.psu.edu/news/coronavirus/article_1a61dd4e-72d6-11ea-bf21-eb01a0faa23e.html