



Adapting to remote learning

Tips for SeattleU Students

There's a lot of uncertainty in the world right now. COVID-19 has forced us to face a lot of unknowns and disruptions. It's completely normal to have feelings of loss or being overwhelmed, so we want to offer some resources to help you thrive academically through this time.

Making a plan for how to adapt your study strategies to the remote learning environment can enhance your sense of well-being and help you feel more in control of your day and academics. Here are some tips for how to get started with a successful quarter of studies here at SeattleU.

Overview

- Get organized
- Stay engaged with your classes
- Refresh your study habits
- Connect with your SeattleU community



LAP is here to support you.

Tutoring, facilitated study groups, and learning strategy support are available remotely. Connect with our virtual help desk or chat app through the LAP website.

<https://www.seattleu.edu/learning-assistance/>



Get Organized

- Remote learning requires different skills for staying on track than you may be used to. Take time to familiarize yourself with **course syllabi** and then **create a calendar** that includes course tasks, remote lectures or virtual groupwork, important deadlines, and other activities. You might want to start with a quarterly calendar and then move to creating weekly calendars and daily to-do lists as needed.
- Remember that you should expect to spend about the same amount of time on coursework and studying as you would on campus. Keeping a **time log**, a document in which you write down how much time you spend on different activities during the day, can help you identify time wasters and improve how well you estimate the amount of time it will take to complete a task.
- Using **notification reminders** on your phone or other device can be a great way to remember deadlines. They can also be used to nudge you to take a break from studying! Make sure that healthy habits like exercising and connecting with friends are scheduled into your daily routine.
- Be careful not to fall into the multitasking trap! Most of us believe we are much better at multitasking than we actually are. **Focus on completing one task at a time.** If you feel overwhelmed by the task at hand, try breaking it down into steps that feel manageable to you. Assign short periods of time to focus on completing each step and plan to take breaks to space out your learning. This technique is called the Pomodoro Method, and it's highly effective.



Stay engaged with your classes

- Before the quarter starts, make sure you feel confident that you can complete all the work required for your courses. **Be proactive about introducing yourself to your professors.** That way you'll feel more comfortable reaching out when questions or concerns arise.
- Create a **graphic organizer** that presents all of the important information you need to know about each of your classes. You can make this pen and paper or digitally- just be sure to have it easily available for reference.
- **Prepare for each of your live learning sessions.** Have an objective for what you want to get out of each session that you set in advance. Make sure to troubleshoot any potential technical issues and have a comfortable, distraction free place where you can participate. Close other tabs on your computer and mute other devices while participating. Consider this as the perfect time to refine your note-taking skills using techniques like the Cornell Method. Don't rely solely on recordings of lectures and transcripts.
- **Make a study buddy and engage with study groups.** Having classmates to touch base with and discuss your course content will help you engage more with what you are learning. To get the most out of group study sessions, begin each session by creating an objective and make sure the group agrees on how to make itself accountable to achieving it.



Refresh your study habits

- Learning Assistance Programs has information on a lot of time-tested strategies to improve your study habits that can be successfully adapted for remote learning. A few standouts include:

The Study Cycle - a five step approach to learning designed to help students become more efficient learners. Each step builds on the previous step to reinforce new content, build confidence, and assess understanding.

SMART Goals – a system that helps you to clarify your ideas, focus your efforts, and use your time and resources productively to achieve your goals.

VARK Learning Styles – do you know how you learn best? Take a short VARK survey to identify what learning styles you prefer and make a plan to integrate them into your remote learning.

- LAP offers **Individual Consultation Appointments** (ICAs) in which you can meet with a Learning Specialist for academic coaching that's tailored to your individual needs and interests. ICAs are available virtually through Zoom.
- Have you taken the **Learning and Study Strategies Inventory** (LASSI)? If not, now is a great time to complete the LASSI and better understand your study strengths and potential areas for improvement. After completing the LASSI, [schedule a consultation](#) with a Learning Specialist.
- Explore our **Learning Resources** page, which contains links to lots of using materials about study strategies, subject specific study tips, and more. This page will continued to be updated to include new helpful materials.



Connect with your SeattleU community

- Familiarize yourself with other great SeattleU student resources. Some include:

Get even better prepared for remote learning with CDLI's **SU Orientation to Distance Learning on Canvas.**

Learn about many ways to engage with SeattleU community and beyond through the Center for Community Engagement's **Redhawk United** virtual community building page.

Updated daily, the **Student Support Center** offers an FAQ list answering questions related to remote campus services, logistics, technology, and more.

<https://www.seattleu.edu/learning-assistance/>