

TIPS TO ENSURE SMOOTH TRANSITION TO REMOTE LEARNING

A guide for students during COVID 19 pandemic

Things have been evolving rapidly with the Corona virus outbreak, and we realize the disruptions — including the switch to remote learning. This transition from traditional learning to remote learning may at first seem overwhelming as it may require a change in your study habits as well. Here are some practical strategies to make this transition more manageable:

Tip #1: Establish a Routine

Staying home can leave you feeling lethargic and demotivated. Establishing a routine will provide structure, discipline, help you avoid distractions and feel normal even when you are housebound. However, it is suggested to not to get carried away and over-commit to an extensive schedule. You may start with a routine similar to the one you had before this lockdown e.g. waking up at the same time, getting dressed early in the day and having regular meals.

Tip#2: Set up a Study Space

Just like we all vary in terms of our ways of learning, we also have distinct preferences for the environment that we learn in. For effective learning, it is advised to create a study space in accordance to your learning preferences. Avoid taking classes or doing your homework on your bed or couch. Your brain associates your bed with sleep and it is likely that you would either sleep or conversely have sleep problems by associating your bed with work.

Tip #3: Practice Time Management

During this time you may have various distractions in your environment that can easily derail your studies. However, keen students know how to avoid these distraction and set aside time to focus. It is suggested to create a daily schedule for assignments, lectures and free time. When working on your assignments, try time-blocking i.e. allotting yourself a certain amount of time for each task before moving on to the next one and setting a timer to keep you accountable.

Tip #4: Stay Connected

Stay connected to your professor and classmates. You are likely to have many questions, and since learning is a two way process so don't hesitate to ask. In the beginning you may face a steep learning curve but at least by embracing this online learning opportunity you're doing your part to keep the corona virus curve flat, and we can all feel good about that.

Tip #5: Practice Self Care

Apart from washing hands, it is also important to take care of your body. Try to eat healthy, exercise regularly, and get plenty of sleep. Since it has now become more important than ever to strengthen our immune system, and one of the best ways to do this is to get a good night's sleep.

Hope the strategies outlined above help you stay organized during this time of caution. Remember, you're not alone — we're all in this together!