



## We've got your online learning experience covered

Winter term online learning strategies

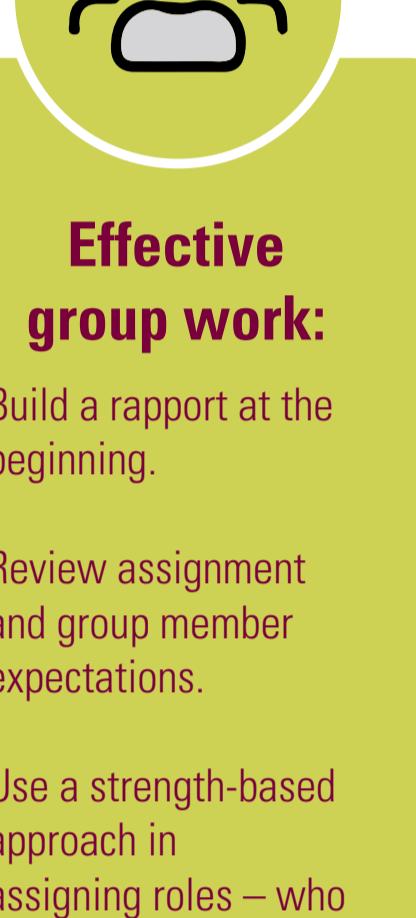


### Our goal:

To provide strengths-based, research-supported strategies and share valuable academic skills resources

### Using your workspace:

- Share your schedule with those in the house and create a schedule to use shared common areas.
- Keep all your learning materials together, including scheduling tools.
- If using the space for sleeping, living and/or studying, use partitions or curtains to differentiate space.



### Learning in different time zones:

- Share your schedule with those in the house to accommodate your schedule.
- Find study group members in same time zone.
- Find connections by searching for events and sessions that fit with your time zone.
- Schedule time to watch recorded lectures in your weekly schedule.



### Staying focused during online classes:

- Turn off notifications.
- Transition to study mode; review previous lectures, move to a table and have all the materials you need.
- Use a note-taking strategy.
- Schedule asynchronous lecture time.
- Participate in chats and discussion posts.



### Effective group work:

- Build a rapport at the beginning.
- Review assignment and group member expectations.
- Use a strength-based approach in assigning roles – who is good at what? And assign roles.
- Meet often and have scheduled check-ins.
- Document sessions for review.



### Course content support:

- Get peer tutoring through [mcmaster.tutorocean.com](http://mcmaster.tutorocean.com) (\$18/hour) from upper-year undergrads who have earned an A- or above in the course they're tutoring.
- Office hours are available and often under-utilized. Check if the instructor allows group drop-ins.
- Check out Faculty programs and help centres.



### Time management:

- Plan, plan, plan.
- Use tools such as to-do lists and weekly and four-month calendars.
- Include synchronous and asynchronous review/assignment blocks into weekly calendars.
- Use small amounts of time to start or complete tasks.
- Avoid distractions and time-wasters.

### Studying:



#### Independent study:

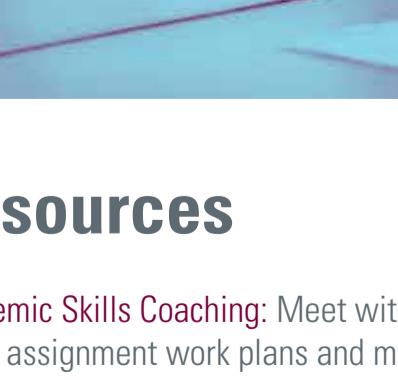
- Use active study strategies (testing yourself and teaching others).
- Focus on what you don't already know.
- Make new meaning and connections out of content.
- Study material over multiple days.
- Find those shorter amounts of time and maximize their potential for short bursts of studying.

#### Group study:

- Keep groups small to accommodate schedules.
- Use active study strategies.
- Meet regularly.



### Creating and maintaining social connections:



Ask instructors to create social threads on **A2L** or other platforms.



Create study groups and meet often.



Join a virtual McMaster club.

### Motivation:



Ask yourself, what are the reasons for doing the task?

Think of the consequences of not completing the task.

Get support when you need it.

Reward yourself.

Set small achievable goals.

Use your schedules.

Find a study buddy to check in with.



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