

# EDTL Approach for Students: planning for effective learning during Covid-19

Advice from the EDTL student team (for students, by students)

## Stay Organised



- Use an online calendar to keep track of assignment due dates and scheduled lectures.
- Check your student email and online learning environment regularly to ensure you are up to date with your course.
- If your lectures are pre-recorded, don't let them build up for weeks.
- Create a weekly plan to give structure to your online learning. This will ensure you don't fall behind and know what your week looks like at a glance. Many college courses have full-time workloads, so expect to spend a good deal of time during the week on college work.

## Keep in touch



- Make contact with your lecturers over email or through their virtual office hours. Lecturers are happy to hear from students with any questions you may have and the details for getting in touch can usually be found on the course introduction page or during the first lecture.
- A great way to learn is by making study groups with your friends! Asking each other questions, explaining topics, having discussions and peer-teaching are all brilliant ways to learn.

## Look after yourself



- Take breaks. We all are somewhat aware that you need to refresh your brain after a certain amount of time. However, when we get lost in the flow, we often forget to take breaks. Try to stick to this and see how you feel: for every 30 minutes you study, take a short 10-15-minute break to recharge. Short study sessions are more effective and help you make the most of your study time.
- Eat and drink healthily and regularly. Nourishing yourself properly is important. Don't forget to drink enough water (and not too much coffee or energy drinks) and stick to a reasonably healthy diet.

## Utilise Technology



- Research software that can make you more productive, such as applications that block distracting websites (like social media) while you are trying to study.
- Online tools such as Office 365 allow you to share useful notes and resources with fellow students easily. OneNote can be really useful for lecture notes and gathering information. All these have online and app versions - and they are free for NUI Galway students.
- Familiarise yourself with Blackboard. There are many guides available online which can help with any queries about it.



## Set up your space



- Find a quiet, well-lit space to engage in online learning.
- Use textbooks or a stand to prop up your screen to eye-level to reduce neck strain.
- A change of environment can be beneficial sometimes, and even a trip to the college library (if it is safe to do so) can be a refreshing change.

## Prepare for disruption



- Have a discussion with household members about when you will need the internet for live lectures and ask them to stay off of bandwidth-intensive services during these times.
- Take note of your lecturers' contact details in case you need to get in touch regarding being unable to submit an assignment or attend a lecture.

## Try and make things normal



- If your course offers 'breakout' sessions to have relaxed conversation with fellow students, try and attend regularly to avoid feeling isolated at home.
- It can be tempting to always be on mute during online lectures, but try and contribute when you get the opportunity. This is a great way to ensure you understand the material and have any questions answered. You can also use the chat function if you do not feel comfortable speaking.