



Ready for Online Learning?

Online learning has some great benefits like flexibility and convenience but can also require adjusting to new technology, working with more independence and connecting with your learning community in different ways. Help yourself get ready for online learning success with our top tips!

1) Your Health and Well-Being is Critical to Learning Success

- What's your self-care plan to keep physically, emotionally and mentally healthy?
 - Regular exercise, healthy food and good sleep significantly improve your ability to focus and learn.
 - High stress levels make it harder to learn. Consider mindfulness practices and social connection. Connect with VCC counsellors.

2) Set Up a Productive Workspace

- Get your materials and study space ready. Do you have the following?
 - Comfortable/ergonomic seating?
 - Good lighting? Good background for video?
 - Headphones? Webcam?
 - Strong WiFi signal?
- Practice with your educational technology before the first day of class.
 - Log in to myvcc.ca to set up your student email.
 - Download the Zoom app.
 - Log in to Moodle (online course platform) at moodle.vcc.ca. Use the Online Learner Success Express course to learn more about using Moodle.
 - Check out www.vcc.ca/keep-learning for more how-to tech videos.

3) Be the Boss of Your Schedule

- What are your priorities for the term? What do you expect of yourself?
- Create a term schedule.
 - Include all your assignments, quizzes and tests. Keep them near your study area.
- Set a weekly schedule.
 - Include specific times to attend class (or watch lectures) and study.
 - Plan 10-16 hours (includes lecture) per week for a 3-credit university course.
- Make a daily routine to support motivation.
- Beware of distractions during class/study time, especially cell phone notifications. To help your focus during study sessions, try these:
 - Forest app (Android) – plant a tree that grows while you leave your phone alone
 - Cold Turkey or StayFocusd app – block sites or applications for set times
 - Ambient music for studying

- “Study with Me” YouTube videos
- Pomodoro timer technique

4) Connect with Your Learning / Support Network

Connecting online can take more initiative and feel a bit awkward at first, but there are many ways to build your learning community and several free supports at the College.

- If you have housemates, discuss how to share space, household duties, and technology as needed. Let them know when you have live class or meetings.
- Find out how to contact your instructor – email, Moodle, office hours, etc.
- Log in to your courses regularly to check announcements and discussion forums.
- Connect with classmates:
 - Moodle discussion forums or messaging
 - WhatsApp class group
 - Virtual study sessions on Zoom
- Connect with free VCC student supports:
 - Tutoring and academic coaching from the Learning Centre
 - Online collections and research support from the Library
 - Counselling
 - Indigenous student services like advising and Elder support
 - Disability services
 - Find out more: <https://www.vcc.ca/covid-19/faqs/on-campus-services/>

5) Have a Growth Mindset

- Be curious and open to new ways of interacting with learning content and your community.
- Be willing to ask questions when you need help.
- Know that mistakes are part of learning and persist through setbacks.
- Be kind to yourself.

“This is the mindset that allows people to thrive during some of the most challenging times in their lives.” – Carol Dweck, PhD from *Mindset: The New Psychology of Success*

Make an academic coaching appointment with the Learning Centre Coordinator to work on effective study strategies, adapting to the online learning environment and more.

