

Remote Learning/Studying Strategies

What can cognitive psychology teach you about how to study more effectively remotely?

Course Content

1. Take notes along with the class recording and follow up on the information by reading the chapter.
2. Replay recorded lectures on topics you do not understand and information-heavy sections.
3. Even though class is remote, handwritten notes are a better way to learn and remember information.
4. Turn on your video camera for live classes to hold yourself accountable to your class.
5. Play the part by getting dressed like you normally would for school when you study and avoid wearing PJs all day.

Study Space

6. Try to spatially separate your study area from your non-study area (i.e., study in a different room than bedroom if you have the space).
7. Set up a learning space so that you study and take your exams in the same environment.
8. Try to study in a quiet place because you are most likely going to take the exam in a quiet location (hopefully).

Study Methods

9. With classmates, create a Zoom meeting and review lecture material together.
10. Take practice tests on Blackboard before the exam to familiarize yourself with the material in terms of test questions and the Blackboard environment.
11. Most exams are in written format online, so practice typing answers/study guide rather than handwriting.
12. Time yourself while doing practice exams.
13. Create flashcards on the computer because you will be tested on the computer.

Time Management/Multitasking

14. Review material often (especially within the first few days) even if methods of testing have become open note/book.
15. Block out study times specific to each class that follow a similar schedule to studying while on campus.
16. Focus on one remote class at a time. For example, don't listen to a Zoom lecture and do work for a different class simultaneously.
17. Turn off your phone to avoid dividing your attention during class.
18. Make sure to finish other household tasks before studying to remove any distractions.

Motivation/Mental Health

19. To stay motivated, it is best to set checkpoints to meet and have rewards waiting for you at those finish lines (e.g., you get a cookie after reading each chapter!)
20. Beware of good posture while sitting a computer for long periods, and be sure to get up and stretch for 5-10 minutes every hour.
21. Make sure to get some exercise: mental health is important as well!