

Study Tips for Learning Online

THE LEARNING CENTER IS HERE FOR YOU...

This guide has been created for MCAD students with the recognition that the complexities of current events may impact learning in a variety of ways. These tips are a starting point. We encourage you to schedule appointments with us using [myWCONLINE](#). Our online features will continue to make it possible for us to support you with: (1) writing, (2) organizing your schedule, (3) software, (4) studio classes, and more. No question is too big or too small. If you are unsure about making an appointment, please email us at learning_center@mcad.edu. You can also use [myWCONLINE](#) to schedule academic advising appointments with Jess. The [Learning Center](#) Intranet page offers additional information. We encourage you to take advantage of other campus [resources](#) as well.

STUDY AND LEARNING TOPICS

- Hold Yourself Accountable
- Stay Organized & Maintain a Schedule
- Take Effective Notes
- Online/Video Lectures
- Studio Classes
- Stay Connected
- Take Care of Yourself
- What If?
- Positive Vibes Curated by the Learning Center

HOLD YOURSELF ACCOUNTABLE¹

Online environments will test your accountability, but we can do this together! Holding yourself accountable can mean having an “accountability partner.” Pair with a friend, peer mentor, or someone at the Learning Center. Set up daily or weekly check-ins. Change the frequency as needed. Use daily affirmations and make your intentions known.

¹ [Research](#) indicates a positive correlation between self-regulated learning (SLR) strategies and success in online learning environments. Nine SLR [strategies](#) include “metacognition, time management, effort regulation, critical thinking, elaboration, rehearsal, organization, help seeking, and peer learning.”

Study Tips for Learning Online

STAY ORGANIZED & MAINTAIN A SCHEDULE

If you haven't done this yet, now is a good time to add ALL of your class meeting times and assignment due dates to your schedule. It will be more important than ever to read your MCAD emails. This sample [schedule](#) is free for anyone to use (Select File > Make a copy).

- Create an email folder for each class.
- Update your schedule with any changes that have been made to your class. Are there new due dates? Has the method of submitting assignments changed? Does your professor have "virtual hours?"
- If your class will be taught asynchronously, designate a time that works for you and try to stick to it.
- Use an alarm clock or app to create reminders for yourself.
- Try pomodoros. Work in bursts of 20 minutes and take small breaks.
- Avoid multitasking and micro-tasking. You may wind up spending more time and remembering less. You might also make more mistakes.
- Create a regular study space without distractions.
- The Learning Center Intranet page has more organization and time management [tips!](#)

TAKE EFFECTIVE NOTES

- Pay attention to the way your professor speaks. Pauses and changes in tone are used as cues.
- Things that get repeated are likely significant.
- Focus on the use of words that relate to the 'big picture,' such as: cause, effect, implication, relationship, pattern, theme, significance, importance, novel (new), influence, role, period, movement, originate, style, milieu, precedent, etc.
- Try taking notes in outline form or using headers with bullet points.
- Write hints to yourself in the margins of the page.
- The Learning Center Intranet page has more study [tips](#) (with videos)!

ONLINE/VIDEO LECTURES

- Find out if the discussion features of your online course will be utilized. Actively participate.
- Practice netiquette. Use empathetic listening: seek to understand before being understood. Remember that [ad hominems](#) are logical fallacies and should be avoided. (Ex: "How can you support PETA when you wear fur?" In this example the person who wears fur is being attacked and the basis of their stance is not being addressed).
- Engage with your course every day. New information may be posted in an unpredictable fashion. It may also take more time to acquire information.

Study Tips for Learning Online

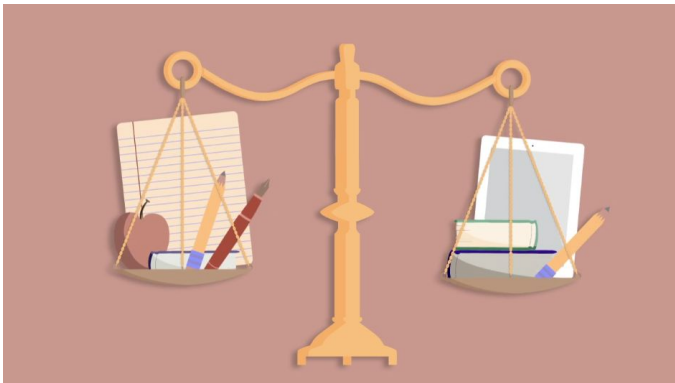
- Contact your professor if you experience Internet connectivity challenges.

STUDIO CLASSES

- Keep your materials clean and organized. A cluttered space can mean a cluttered mind.
- Try keeping your space “functionally pure,” only including items for your artwork. This may not make sense for everyone, but keep in mind what aspects of your environment ‘prime’ you to be creative and productive.
- Do your best to work with proper lighting.
- Set up video chats with friends or classmates to simulate working in a classroom. Choose parameters that work best for you and your virtual cohort such as a half hour of silence. Chatting is not required in video chats!

STAY CONNECTED

- Remote collaboration is different but possible! The Learning Center will continue to use myWCONLINE for online appointments.
- You can schedule online and remote appointments with Timothy via [email](#) or using Google Meet.



We prioritize equal access and opportunity for all students

TAKE CARE OF YOURSELF

Positive emotions broaden both attention and thinking.² Set aside time to:

- [Breathe](#). [Controlled breathing](#) is associated with blood pressure, memory, and emotions with benefits possibly extending to the immune system and metabolism.

² Fredrickson B. L. (2004). The broaden-and-build theory of positive emotions. *Philosophical transactions of the Royal Society of London. Series B, Biological sciences*, 359(1449), 1367–1378. <https://doi.org/10.1098/rstb.2004.1512>

Study Tips for Learning Online

- [Laugh](#). Studies in the field of [Gelotology](#) (the study of laughter) have indicated that laughter may reduce physical and emotional tension.
- Move with [Free Live Yoga](#). Inner Bliss Yoga Studio is offering free live yoga classes
- Be Mindful with [Calm](#). Check out the sleep stories, soothing meditations, music and more (no download necessary).

WHAT IF?

- **I need accommodations or my disabilities/conditions become exacerbated**
Contact [Timothy](#) if you have a recurrent or new disability or a condition. You can also reach out if you are not sure you have a disability or condition but have questions about accommodations.
- **I have questions about advising**
[Jess](#) is available for academic advising and can meet with you online to discuss your courses and academic plan.
- **My mental health is affected**
[Mental health counseling](#) is available online or virtually. No question is too big or too small for them.

POSITIVE VIBES CURATED BY THE LEARNING CENTER

- [Animal Live Cams](#) - Mashable has put together a list of top animal live streams to watch while social distancing.
- [The Studio Museum in Harlem](#), [The Centenary Project](#), and [Frida Kahlo's Diary](#). Visit [Google Arts & Culture](#) to explore over 1,000 collections from around the world.
- [Free Indigenous Films](#) - Check out the National Film Board of Canada's collection of over 200 films by Indigenous Directors. The linked article includes six picks.
- [ASMR](#) - Five top Autonomous Sensory Meridian Response (ASMR) channels on YouTube.
- [100 Things List](#) - List of 100 things to do while inside from USA Today.
- [Walker Art Center](#) - Browse by artist or by artwork.
- [Minneapolis Institute of Art](#) - Explore the Mia from home.