

TIPS FOR ONLINE LEARNING

AT UNC

Tutorial Services: virtual tutoring sessions available, for more information visit:
<https://www.unco.edu/tutoring/>

The Writing Center: E-tutoring sessions, you can upload your essays/papers with questions and receive feedback in 24 hours, please visit for more information:
<https://www.unco.edu/writing-center/>

Math Lab: For all support available see following website
<https://www.unco.edu/nhs/mathematical-sciences/current-students/onlineresources.aspx>

BEARMAIL & CANVAS

- Check daily and often
- Set canvas to alert you by email when announcements or messages are posted to canvas so you don't miss important information

YOUR SCHEDULE

- Keep your regular course schedule
- Log into canvas during your regular on campus class time
 - There may be lecture or discussions
 - If not, use this time to complete assignments

STAY ORGANIZED

- Write deadlines in your calendar, planner, phone
- Create "to do" lists
- Create folders for each of your classes where you can save your work to prevent loss

TIME MANAGEMENT

- Build and stick to a schedule
- To learn more about creating an effective calendar/schedule please visit:

<https://www.unco.edu/university-101/study-skills/resources/Time-Management-Section-for-website.pdf>

STUDY TIME

- Plan ahead- spread out your assignments and complete them early
- Know when you learn/study best- are you a morning or night person?
- Set time blocks and stick to them

YOUR ENVIRONMENT

- Have reliable internet access
- Space free of distractions (TV, Netflix, games, others, etc.)
- Turn off your cell phone- just like you would in the classroom
- Internet surfing- avoid distractions online
- Access to other material (textbooks)

PARTICIPATE/ENGAGE

- Actively participate in lectures and discussion boards
- Take notes as if you were still in a classroom lecture

ASK QUESTIONS

- Do not be afraid to reach out to your instructor
- If you are struggling reach out as soon as you have a question

CONNECTIONS

- Connect with your classmates to help each other
- Form study groups
- Proofread each other's work

PERSISTENCE

- Ask for help when you need it
- Work on your classes daily
- If you encounter challenges, do not give up

SELF CARE

- Break down your task so you are not overwhelmed all at once
- Take breaks from homework/assignments when needed
 - avoid working on big projects or essays in one sitting
- Stay healthy- eat, sleep, rest
 - physically
 - mentally
 - emotionally

For more reading and studying resources, please visit UNC's Tutorial Center website:

<https://www.unco.edu/tutoring/other-learning-materials/study-skills-resources.aspx>

Infographic created by UNC's SOAR office