



# ONLINE LEARNING TIPS

## AT UNC



### TUTORIAL SERVICES

Virtual tutoring sessions available, for more information visit:

[unco.edu/tutoring](https://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:

[unco.edu/writing-center](https://unco.edu/writing-center)



### THE MATH STUDY CENTER

Offers learning assistance to students enrolled in Math classes:

[unc.link/study-center](https://unc.link/study-center)



### 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

### TIME MANAGEMENT

- Build and stick to a schedule

To learn more about creating an effective calendar/schedule please visit:

[unc.link/manage-time](https://unc.link/manage-time)



### 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

### 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

### CONNECTIONS

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

### 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

### 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

## ADDITIONAL RESOURCES:

[unc.link/academic-success](https://unc.link/academic-success)

[unco.edu/student-affairs/student-support](https://unco.edu/student-affairs/student-support)

[unco.edu/campus-recreation](https://unco.edu/campus-recreation)