EDTL Approach for Students: planning for effective learning during Covid-19

Advice from the EDTL student team (for students, by students)

Stay Organised

• Use your Canvas Calendar to keep track of assignment due dates and scheduled lectures or export it to your calendar app of choice.
• Check your Umail and Canvas regularly to e nsure you are up to date with your course. The Canvas Student app will allow you to keep up to date on the go.
• If your lectures are pre-recorded, don't let them build up for weeks.
• Create a weekly plan to give structure to your online learning. This will ensure you don't fall behind and know what your week looks like at a glance. Aim to know and understand your timetable so you can plan accordingly.

Keep in touch

• Make contact with your lecturers over email or through Canvas. Lecturers are happy to hear from students with any questions you may have, and the details for getting in touch can usually be found on their webpage on UCC's website, on Canvas or during the first lecture.
• A great way to learn is by making study groups with your friends on MS Teams! Create a team with your classmates, and work together by asking each other questions and having discussions

Look after yourself

• Take breaks. We all are somewhat aware that you need to refresh your brain after a certain amount of time. However, when we get lost in the flow, we often forget to take breaks. Try to stick to this and see how you feel: for every 30 minutes you study, take a short 10-15-minute break to recharge. Short study sessions are more effective and help you make the most of your study time.
• Many college courses have full-time workloads so expect to spend 30-40 hours during the week on college work but no more.
• Eat and drink healthily and regularly. Nourishing yourself properly is essential. Don't forget to drink enough water (and not too much coffee or energy drinks) and stick to a reasonably healthy diet.

Utilise Technology

• Research software that can make you more productive, such as applications that block distracting websites while you are trying to study.
• UCC provides Office 365 and Google suite for free to help with collaboration and keeping on top of your workload.Online tools such as Google Docs allow you to share useful notes and resources with fellow students.
• Familiarise yourself with Canvas, Panopto and MS Teams – these are UCC's learning platforms Take the Canvas orientation module and reorientate yourself

Set up your space

• Find a quiet, well-lit space to engage in online learning.
• Use textbooks or a stand to prop up your screen to eye-level to reduce neck strain.
• A change of environment can be beneficial sometimes, and even a trip to the Boole library (if it is safe to do so) can be a refreshing change. Check out the library's website before making the trip.
• Ensure you have the right technology and https://www.ucc.ie/en/sit is the place to go to for all your tech support needs.
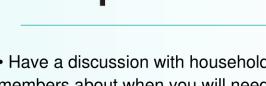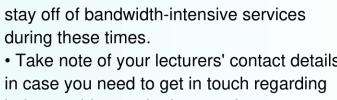
Prepare for disruption

• Have a discussion with household members about when you will need the internet for live lectures and ask them to stay off of bandwidth-intensive services during these times.
• Take note of your lecturers' contact details in case you need to get in touch regarding being unable to submit an assignment or a˜end a lecture.

Try and make things normal

• If your course offers 'breakout' sessions to have relaxed conversation with fellow students, try and a°end regularly to avoid feeling isolated at home.
• It can be tempting to always be on mute during online lectures, but try and contribute when you get the opportunity. This is a great way to ensure you understand the material and have any questions answered. You can also use the chat function if you do not feel comfortable speaking.

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Enhancing Digital Teaching and Learning Irish Universities Association