

# Adapting to Online & Hybrid Learning

## FALL SEMESTER 2020

Created by your Peer Mentors -

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### Balance Different Types of Classes:

This semester, students are tasked with juggling many different combinations of in-person/remote classes and synchronous/asynchronous classes. It can be confusing and overwhelming! **Planning ahead and carefully managing your time** can help keep you on track:

- Resources for scheduling & managing your time:
  - Check out some time management tips [here](#)
  - Create a weekly schedule that accounts for your classes and other responsibilities ([Blank Weekly Schedule](#))
- Planning for asynchronous classes:
  - Be intentional about setting aside time for asynchronous work and classes
  - Use your syllabus to plan ahead and prepare for upcoming assignments

### Communicate with your Professors:

This semester is unusual for everyone and having an open line of communication with your professors is essential. Reaching out to clarify **course expectations, format, or technical difficulties** will allow you to be a better student. And being open with the **challenges, questions, and concerns** you have throughout the semester will allow them to be a better professor.

- Ways to reach out to Professors:
  - Send an **email** at the beginning of the semester to introduce yourself and address any concerns
  - Attend **office hours** even if its just to talk about your interest in the course

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## Use Your Community:

While you may not be in physical classrooms with your peers, know that they are there and a fantastic resource! This semester may feel isolating so finding and fostering a community where you can is essential!

- Ways to connect with your peers:
  - **Set up study groups with classmates!** Find time to study together, review classwork, and answer each other's questions.
  - You can find all your classmates' emails in Moodle under participants.
  - Although it can be difficult to speak up on Zoom, getting comfortable participating in classes can be a great way to get to know others!
  - **Remember that clubs and other extracurriculars are still happening!** Finding non-academic outlets is extremely important to your wellbeing.

## Be Mindful of Zoom Fatigue:

Zoom fatigue is a new but very real challenge for students! Hours on Zoom or staring at a screen doing online work is exhausting and can make it challenging to stay focused. Be mindful that this will be an obstacle to navigate and remember that there are resources to help you!

- Ways to combat Zoom fatigue and burn-out:
  - **Avoid multitasking!** Cognitive overload is already much higher on video calls than it is while in person so trying to multitask on top of that can take a toll on your mind.
  - **Build in breaks!** Find time in your schedule to put away all your screens (even your phone!) and take a walk, grab a meal, or take a nap.
  - **Turn off self-view!** It can be extremely distracting to constantly see yourself on Zoom so don't hesitate to turn off your self-view and only focus on the speaker.

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## Get Creative!

Modify study techniques you have used in the past, explore new tools, find additional resources, and figure out what works for you! This is a chance to adapt and explore the many different ways you can learn.

- Things to consider:
  - Find new online tools to help you learn! Experimenting with [Adobe Acrobat](#) to take notes or online calendars to plan out your time may be helpful resources moving forward!
  - Remember that many [Academic and Student Support](#) resources are available in-person AND virtually!
  - Creating structure can be difficult with asynchronous learning but consider the ways you can use friends, classmates, and your location to provide you with a framework for your day.