INTERACTION HELPS YOU CONNECT AND REMEBER IDEAS!

Keep It INTERACTIVE

YOU CAN BE INTERACTIVE WITH YOURSELF OR OTHERS WHEN LEARNING ONLINE TRY:

- Paraphrasing
  - Whether watching a video, viewing a Webex class, or reading, always strive to reword concepts in a way that makes sense to you.
- Self-Quizzing
  - Find a way to test your retention of information. For example, make up extra problems to solve, have a "discussion" with yourself about how ideas connect, and find comprehension questions in the text and use them to check yourself.
- Reimagining
  - Reorganize the information you are learning. You can make:
  - Outlines
  - Concept maps
  - Reference sheets
  - Lists
  - Flowcharts
- Connect With Peers & Others For Interaction
  - Get a one-on-one tutor to talk through concepts or rework homework.
  - Zoom/Webex your peers for a study group and motivate each other.
  - Reach out to professors during office hours.

Be Your Own STRUCTURE

- Set Aside A Specific Space
  - Stock it with the tools you need to be successful.
  - Pick a place that minimizes distraction.
- Build A Routine & Stick With It
  - Make it specific, write it out.
  - Keep it visible (either on paper, white board, or phone reminders).
  - Interact with it—check things off, add items, and move other items to later.
- Prepare yourself for study time as if you were attending class.
  - Get out of bed, practice self-care, and prepare your mind to work.
  - Devise a routine that prepares you to accomplish tasks.
    - Pick a "starter task" that allows you some quick successes. For example:
      - Make your bed.
      - Make a to-do list.
      - Log onto D2L.
- Always Start By Reviewing Hard Deadlines
  - Starting a day by being accountable to the "must-dos" will increase momentum & motivation.
- Provide Breaks & Rewards.
  - Schedule a walk, a workout, or time spent pursuing hobbies after a successful work session.
  - Take breaks (schedule them) and then get back to work refreshed.
  - "Work first, play later!"

THRIVE ONLINE