

Keep Learning

UNK - THE NEXT STEPS

Learning and studying during COVID-19

Things may feel a bit unsettled right now. You may have a lot of questions and concerns. Things are unpredictable. It's important to stay focused on what you are able to control. **Be patient with yourself, your instructors, your classmates and others during this time.** Take care of your wellbeing first. Making a plan and adjusting your studying will help you feel more in control so you can finish this semester strong.

In this guide, we will address:

- Communicating with your instructors
- Staying organized and continuing to work hard
- Setting a schedule
- Virtual lectures
- Accessing available resources
- Getting academic support through the Learning Commons (tutoring, writing center and success coaching)

1. Communicating with your instructors

- Most important: **Check your Loper email and Canvas often.**

Faculty will most likely use your Loper email or Canvas to convey important information about class, and you may be getting information about registering for fall, meeting with your advisor and other virtual and events. Read your email.



- Understand that each instructor may have a different approach while face-to-face classes are suspended, so what works for one class may not work for another.
- If your professor has not indicated how they are going to be communicating, it is important that you ask them.
- Be proactive and connect directly with each of your instructors. Ask questions. Make sure you understand

their expectations for you. Ask for additional help if needed.

- Use your phone and call. If you want a more personal approach with faculty, set up a Zoom conference. Be patient with them as they may be receiving many requests.

2. Stay organized. Keep working hard.

- Classes are moving to virtual, online, or alternative instruction. Coursework is still due. Assignments still need to be completed. Tests may still be administered.
- This is not an extended spring break. It's important to remain focused and continue to give your best effort.
- Stay organized by keeping track of adjusted due dates.
- Keep detailed notes about changes to coursework or the syllabus.
- Know if recorded video or audio of lectures will be available.
- Find out: Is your instructor offering virtual office hours?
- Work with a Success Coach to help you get organized.
- The Learning Commons offers online tutors for writing and for classes like math, chemistry and business.

3. Setting a Schedule; avoiding distractions

- It's recommended that you create a study schedule for keeping on task. Even though your 9:00 am class isn't meeting in-person, consider a schedule that keeps you accountable. Perhaps 9:00 am will be the starting time for sitting down at your computer and accessing lecture notes, writing papers, or completing assignments.
- Find classmates, friends, roommates, or other people you already interact with regularly to meet with, work on schoolwork, and keep each other accountable.
- Set deadlines for yourself and find ways to stay

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motivated. Reward yourself with a break or snack if you meet your goals.

- Beware the pitfalls of binge-watching and turning off your alarm. Discipline yourself to stay on task.



- Remember that interruptions and multi-tasking (watching a movie, listening to Spotify, checking your Snapchat... all while listening/watching a recorded lecture) lead to assignments taking longer, with less content remembered, and more opportunity for mistakes in your work. Instead, focus on one thing at a time.

- Your study environment is important. Whatever has worked for you (coffee shop, bed, couch, lounge chair, study group), try to re-create that environment while you are away. Try moving around when you move on to different tasks or different subjects. If it's too quiet or too noisy where you are, try one of those white noise apps.

- If you like studying in groups, find a way to do that virtually as well. Schedule a study session on Zoom or FaceTime.

- Remember to use your classmates as resources.



Hopefully you've exchanged cell phone numbers with students you've met in class. If not, consider sharing your phone number on a discussion board if you are comfortable. Reach out to them via text. Ask them questions about the course content. Offer to talk through a problem or brainstorm via Zoom or FaceTime.

Maybe you need them to just remind you that you've got this. Be there for them as well.

- Your family support may be helpful to you during this time. Ask them to help you stick to a schedule and remind them that although you may be at home, your priority is class and homework.

4. Video lectures and podcasts: Making the most of them

- Take notes during lectures. If the lecture is recorded, stop and play back important segments. If the lecture is live, is there a chat feature? Can you ask questions during the lecture, or at the end?

- Resist the temptation to "speed up" the lecture.

Research shows that hitting that "1.5x" playback speed results in lower retention, especially for complex, multi-step material. That "2x" speed? Don't do it.

5. Accessing Available Resources

- The UNK team is still working hard for you. Feel free to continue accessing resources as needed.

- Student Health

308.865.8218 | unkhealth@unk.edu

- Counseling

308.865.8248 | unkcounseling@unk.edu

- Academic Advising & Career Development

308.865.8501 | careerserv@unk.edu

- Financial Aid

308.865.8520 | finaid1@unk.edu

- First Year Program

308.865.8291 | enszba@unk.edu

First Years, this a great place to start if you don't know where to go or who to ask.

- Student Records & Registration

308.865.8527 | unkregistrar@unk.edu

- Information Technology Services

308.865.8363 | support@nebraska.edu

- Academic Success Office/Disability Services for Students

308.865.8214 | unkdso@unk.edu

- Learning Commons

308.865.8905 | unklearningcommons@unk.edu

6. Remember, this will pass

- Someday you'll look back and tell stories about this. You're developing skills for lifelong learning, so use stories about your success in beating a Pandemic on all your interviews.

- If you get overwhelmed, someone is here. The people in Student Health and Counseling are easy to talk to and you can reach them by phone – don't be afraid to reach out.

- Student Health 308.865.8218

- Counseling 308.865.8248

7. Get academic support through the Learning Commons

- Go to www.unk.edu/lc for details about scheduling appointments.

- Get tutoring in writing, chemistry, math, or business classes.

- Work with a Success Coach to help you with time-management and study skills. Success Coaches can be an accountability partner or help you get organized.



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