

# Welcome to UNT Dallas

## Tips for Online Learning

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# Hopes...and then the realities...





## First quiz:

You are a full-time student. True or False?

- How many hours a week is a full time job?
- That is how many hours you should be spending on your studies...

Let's look at a class schedule for one semester...

Hospitality Management from Lincoln High School

- ACCT 2010: Accounting I – 3 credits
- BIOL 1132: Environmental Science - 3 credits
- BUSI 1340: Management Business Enterprise – 3 credits
- ECON 1110: Macroeconomics – 3 credits

Total course load 12 credits = full time course load



## Let's do the math....

- For every one hour spent in class, you should spend 2-3 hours outside of class studying, *depending on the subject and level of rigor for the course*

Course	Number of credits/hours in class	Hrs study per hr in class	Number of hours per week outside class	Total hours for course
ACCT 2010	3	x 2	6	9
BIOL 1132	3	x 2	6	9
BUSI 1340	3	x 2	6	9
ECON 1110	3	x 2	6	9
Total	12		24	*36*

# Lay out a study routine...and stick to it!

- Select a calendar tool like MS Outlook or Google calendar
- Create a study routine:
  1. Mark out the time when your classes meet
  2. Mark out a lunch break – 30 minutes
  3. Lay out how many hours outside of class you need to schedule a week
  4. Block out study time for those classes

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  - Once you attend classes and get your syllabi, add assignment due dates
  - Every Sunday, revisit your schedule and list activities that you need to complete during your study blocks
  - Adjust your activities to meet your study needs





## Sample Schedule from Alexis

	Monday	Tuesday	Wednesday	Thursday	Friday
8 AM	Cardio (20-30 min)	Cardio (20-30 min)	Cardio (20-30 min)	Calculus I LAB	Sleep In
9 AM	Leg Day (1 hr – 1 hr 30 min)	Chest Day (1 hr – 1 hr 30 min)	Back Day (1 hr – 1 hr 30 min)	Calculus I LAB (9:50)	Sleep In
10 AM	Computer Science II / Breakfast	Calculus I / Breakfast	Computer Science II / Breakfast	Calculus I / Breakfast	Breakfast
11 AM	Computer Science (11:20) World Civilization I	Calculus I (11:20) Intro to Psych	Computer Science (11:20) World Civilization I	Calculus I (11:20)	Catch-Up Work
12 PM	World Civilization I / Lunch (12:50)	Intro to Psych / Lunch	World Civilization I / Lunch (12:50)	BREAK	Catch-Up Work / Lunch
1 PM	Computer Foundations I	Intro to Psych	Computer Foundations I	Homework	BREAK
2 PM	Computer Foundations I (2:20)	Intro to Psych (2:20)	Computer Foundations I (2:20)	Homework	BREAK
3 PM	BREAK	LULAC Meeting	Homework	BREAK /	Catch-Up Work
4 PM	Work	LULAC Meeting	Homework	Homework	Catch-Up Work
5 PM	Work	BREAK	SGA Meeting	Homework / Pre-Workout Snack	Catch-Up Work / Dinner
6 PM	Work / Dinner	BREAK / Dinner	SGA Meeting / Dinner	Cardio (20-30 min)	BREAK
7 PM	Work	Homework	SGA Meeting	Shoulders & Arms (1 hr – 1 hr 30 min)	Cardio (20-30 min)
8 PM	Work	Homework	Homework	REST / Dinner	Accessory Day (1 hr)
9 PM	Work	Homework	Homework	REST	REST
10 PM	Work	REST	REST	REST	REST
11 PM	Sleep	Sleep	Sleep	Sleep	Sleep

## Your assignment...Create a study routine

- Find your Fall 2020 schedule in your student portal
- Determine how many credits you are taking
- Estimate the number of hours of study outside of class per week
- Use an electronic calendar to create a general study routine that you can refine and adapt over time
- Take a screen shot of a week glance of your creation and send it to [UNTD-ECHS@untdallas.edu](mailto:UNTD-ECHS@untdallas.edu) with your name and pathway.

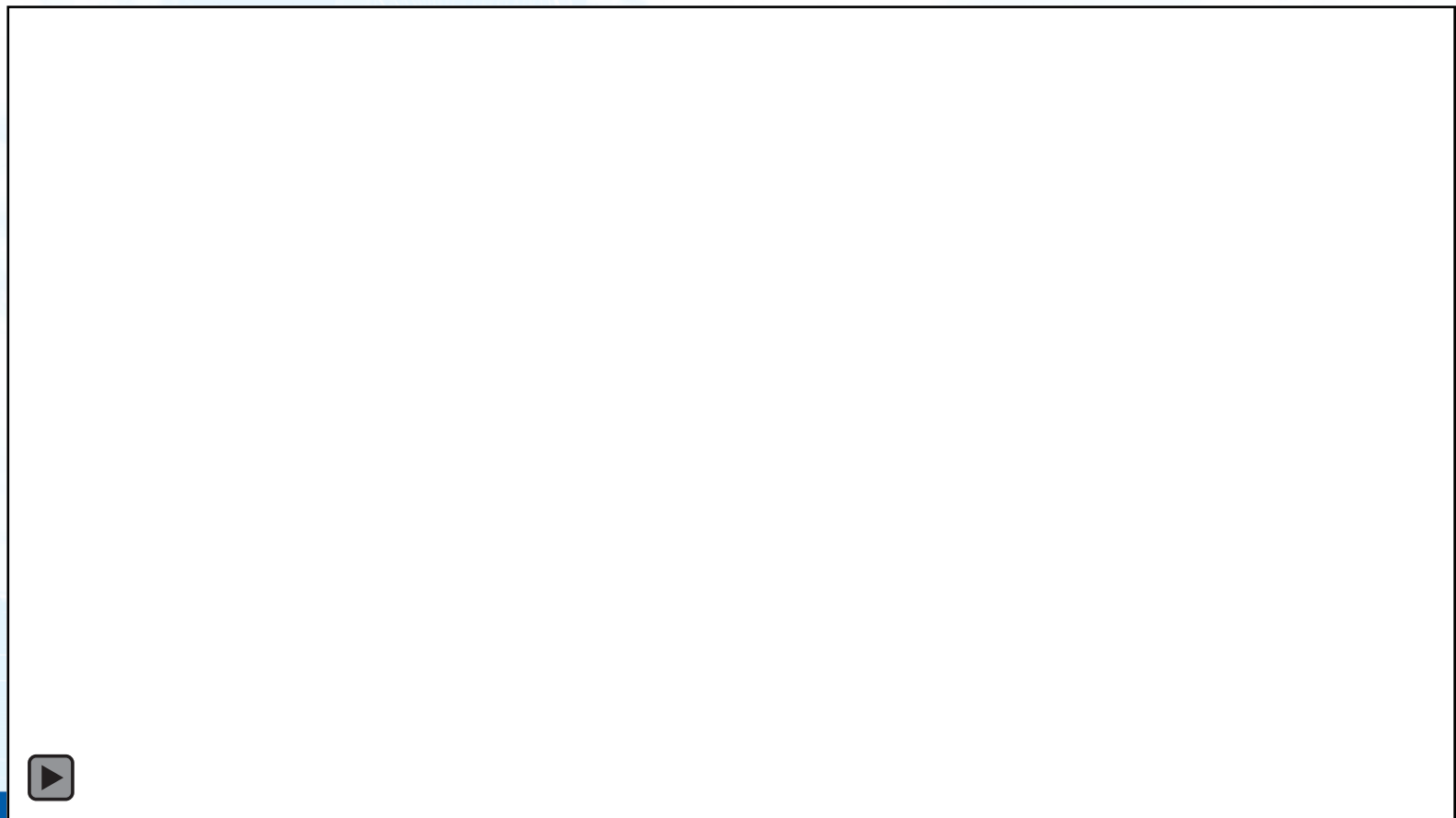


# Other Time Management Techniques

- Lose some study time? – add it somewhere else in the week
- Alternate subjects or types of tasks when working on coursework to keep your attention more focused
- Break down larger assignments/tasks into smaller pieces so more likely to fit into weekly study blocks
- Monitor your concentration as you study
- Take appropriate breaks – 50 min/10 min or Pomodoro Technique

# Motivation: “Begin with the end in mind...”

Let's listen to a message from our very own T.J. Vaughn – UNT Dallas alum and now employee in the Student Solutions Center





# Create a study space and get organized

- Have a study place – good lighting, proper writing surface, proper back support, wi-fi access
- First Day Ready Checklist from your Welcome Packet
- Remote Learning Plan-at-a-Glance:  
[https://aa.untdallas.edu/sites/default/files/my\\_remote\\_learning\\_plan.pdf](https://aa.untdallas.edu/sites/default/files/my_remote_learning_plan.pdf)
- Keep course materials and notes in discrete notebooks
- Make sure your calendar is set up and sending notifications

# Reduce distractions

- Find a place you can concentrate
- Turn off your phone
- Turn off your TV
- Turn off social media notifications
- Don't surf the internet unless targeted for class during study blocks
- Don't play computer games
- Use ear buds and the “right music” to drown out background noise

What is good and bad about this study environment?





# Check in with your wellness...

- Issues with focus, concentration and procrastination can be a symptom of stress
- There is no shame in feeling stressed with college and life circumstances
- We also know that successful students ask for help to deal with stress
- Asking for help and managing stress are two important life skills
- **WellConnect:** <https://sa.untDallas.edu/wellconnect>
- Breathe, stretch, walk around for a few moments...start fresh

# Be active not passive in your learning techniques

PASSIVE	ACTIVE
Reading a text	Reading and taking notes Checking concentration and understanding of what you are reading Summarizing sections
Watching a lecture or video	Taking notes while watching after class and fill in holes Taking notes and then combining them with reading notes Developing visual organizers Creating concept cards
Looking at the calendar and see that you have an assignment due tomorrow so start on it	Looking at the assignments you have to complete – break into pieces – and spread out over time
Studying for an exam by rereading your notes and text	Developing a 5-day study plan so reduce cramming Self-testing what know and not just recognizing content

# Know and Use your Resources

- Know who your faculty are, their contact information, and use their virtual office hours
- Friends in class make great accountability and study buddies – set study goals together
- Use UNT Dallas campus resources like supplemental instruction, tutoring, or develop group study sessions
- Post a copy of your study schedule on the refrigerator for your family to see
- Talk with your High school counselors and administrators



## References

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