

# TIPS FOR GETTING THE MOST FROM A VIRTUAL LEARNING ENVIRONMENT

## Before class

- Review syllabus and weekly topics in Blackboard
- Activate prior knowledge on each session's topic.
- Complete prework and review LOs.
- If possible, find a dedicated, distraction free space (preferably not your bedroom) where you can participate in class. Keep in mind lighting, internet connectivity, and ergonomics. Turn off notifications and consider locking out social media for the duration of your class.

## During class

- Make every effort to have your camera on. We are aiming to be as interactive as possible and faculty and your peers like to see you!
- Keep LOs in mind, listening for them throughout class.
- Attend sessions with an inquisitive mind and ask questions in the chat to remain engaged.
- Give yourself a break between sessions (get some fresh air, grab a snack, get up and stretch...).

## After class

- Recall (from memory) the top three take aways from class.
- Avoid re-watching class recordings if possible (too passive and time consuming).
- Use formative assessment regularly to ensure understanding.
- Check in with faculty for clarification on tricky topics.
- Make time for reflection (what is working for you, what isn't?).
- Consider creating a virtual study gro



# ADDITIONAL TIPS

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## MOTIVATION

- Motivation is often an issue with online learning. Try to remember what led you to medical school. What are your long-term goals? Can you use rewards to help with motivation? Consider meeting with Amber Chess in OAS to discuss motivation if this is a problem for you.

## MINDSET

- Shifting to a virtual learning environment can be challenging and frustrating. Try to keep an open and flexible mind as we work through these tough times together! There is support available to you should you need it. Please contact Amber Chess in OAS to discuss mindset if this is an issue for you.

To book an appointment with Amber Chess, please use this link: <https://amberchess.youcanbook.me>

