

Welcome!

Introduce yourself:

- > Add your # Year and pronouns to your name!
- > What is one thing you are looking forward to this week?

*type it in chat!

A large, bold, purple letter 'W' logo is positioned in the bottom right corner of the slide.



Study Smart: Effective Study Strategies For Online Learning Environments

Academic Support Programs

Gracie Pakosz, Academic Success Coach

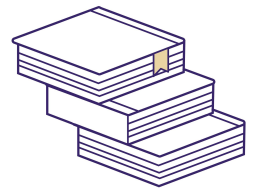
Maya Chen, Academic Success Coach

Academic Success Coaching



- 1:1 30-minute sessions
- Focus on a wide variety of study skills
- Students of all backgrounds and majors

*Make an appointment on our website at:
<https://academicsupport.uw.edu/academic-success-coach/>*



ACADEMIC SUPPORT PROGRAMS
**ACADEMIC
SUCCESS COACH**

Upcoming Study Skill Workshops

Title	Date	Time	Location
Self-Care and Building Community in an Online Environment	February 11th	7-8pm	Zoom
Finals Exam Prep and Test Anxiety	February 24th	7-8pm	Zoom

Time Management

> It can be challenging to stay motivated in an online learning environment where things are more self-directed

> What are ways that you have found to combat distractions?

> What are three things that are not helpful in an environment when studying?

*put your answer in chat or unmute!

W

HOW MUCH TIME SHOULD I BE STUDYING?

Being a student should be treated like a full-time job!

Estimating Weekly Study Hours

course difficulty	study hours
high	3
medium	2
low	1
n/a (seminars, etc.)	0

Course difficulty is influenced by your background in the subject as well as personal skills and strengths

example schedule		multiply		
courses	difficulty level (high, medium, or low)	hours in class/ week	study hours based on difficulty	needed study hours per week
HDFS 2320	medium	5	x 2 =	10
ENGL 1301	high	5	x 3 =	15
PFW 1101 (seminar)	n/a	1	x 0 =	0
BIOL 1401	high	4	x 3 =	12
total study hours per week				37



Create a weekly study/life schedule



Once you have a sense of weekly study hours....

Implementation Intention:

Action plans that specify when, where and how are shown to be the most effective strategy in achieving goals (Powers, Koestner, & Topciu, 2005).

-Develop a weekly study schedule: Block off class time, work and personal obligations and determine study times

-Leave time for breaks! Take a 10 minute break in-between studying to get water or eat!

-Make sure to set time aside for self-care and sleep!



Embrace the quarterly calendar!

Map your entire quarter with key dates (due dates, quizzes, projects, midterms)

SUN	MON	TUE	WED	THU	FRI	SAT
7 Lesson 05 Assignm Lesson 05 Assignm Lesson 05-Knowled Lesson 05 Policy-Is Lesson 05-Quiz Response Five	8 8a Week Six Modul Lesson 05 Assignm Lesson 05 Video Pc 11:58p Discussion F	9	10	11	12 10a Julian's Office H Week Six	13 Lesson 06 Discussk
14 Assignment 2: Prop Lesson 06 Assignm Lesson 06-Knowled Lesson 06 Quiz Response Six	15 Discussion 6 respor 8a Week Seven Moc Lesson 06 Assignm Lesson 06 Reading	16	17	18 Lesson 06 Assignm	19 10a Julian's Office H Week Seven	20 Lesson 07 Assignm
21 Lesson 07 Assignm Lesson 07 Assignm Lesson 07 Knowled Lesson 07 Policy Re Lesson 07 Quiz Response Seven	22 8a Week Eight Mod Lesson 07 Assignm Lesson 07 Video Pc	23	24	25	26 10a Julian's Office H Week Eight	27 Lesson 08 Discussi Lesson 08 Discussi
28 Assignment 3: Proj Lesson 08 Assignm Lesson 08 Knowled Lesson 08 Quiz	1 Discussion 8 respor 8a Week Nine Mod Lesson 08 Assignm Lesson 08 Reading	2	3	4	5 10a Julian's Office H Week Nine	6 Lesson 08 Assignm

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6

▼ CALENDARS

- Success Coaching
- COM 489 A/AES 489 A/GWSS
- 489 A Wi 21: Black Cultural Studies
- ECE 402 A Wi 21: Social Policy In Early Care And Education
- ECE Advising & Resource Center
- GEOG 123 Wi 21: Introduction To Globalization
- ISS 401 A Wi 21: Integrated Social Sciences Portfolio Capstone
- ANTH 308 B Su 20: The

▶ UNDATED

Calendar Feed






Pinch Points

- > Beginning of the quarter, gather class syllabi and write down every due date
- > Place an X for each week of the quarter when each assignment/test are due
- > If there are two or more X's in a week, plan ahead!
- > If there are four or more X's in a week, prioritize the assignments due the soonest/parts of a bigger project



Pinch Points Example

Week the due date occurs in

Class	Essay, presentation, exam, etc.	Date Due	1	2	3	4	5	6	7	8	9	10	11
													
ECON 201	Homework	weekly	x	x	x	x	x	x	x	x	x	x	
MATH 124	Homework	2/2, 2/14		x		x		x		x		x	
ACCTG 215	Project	2/28					x						
ACCTG 215	Readings	weekly	x	x	x	x	x	x	x	x	x	x	

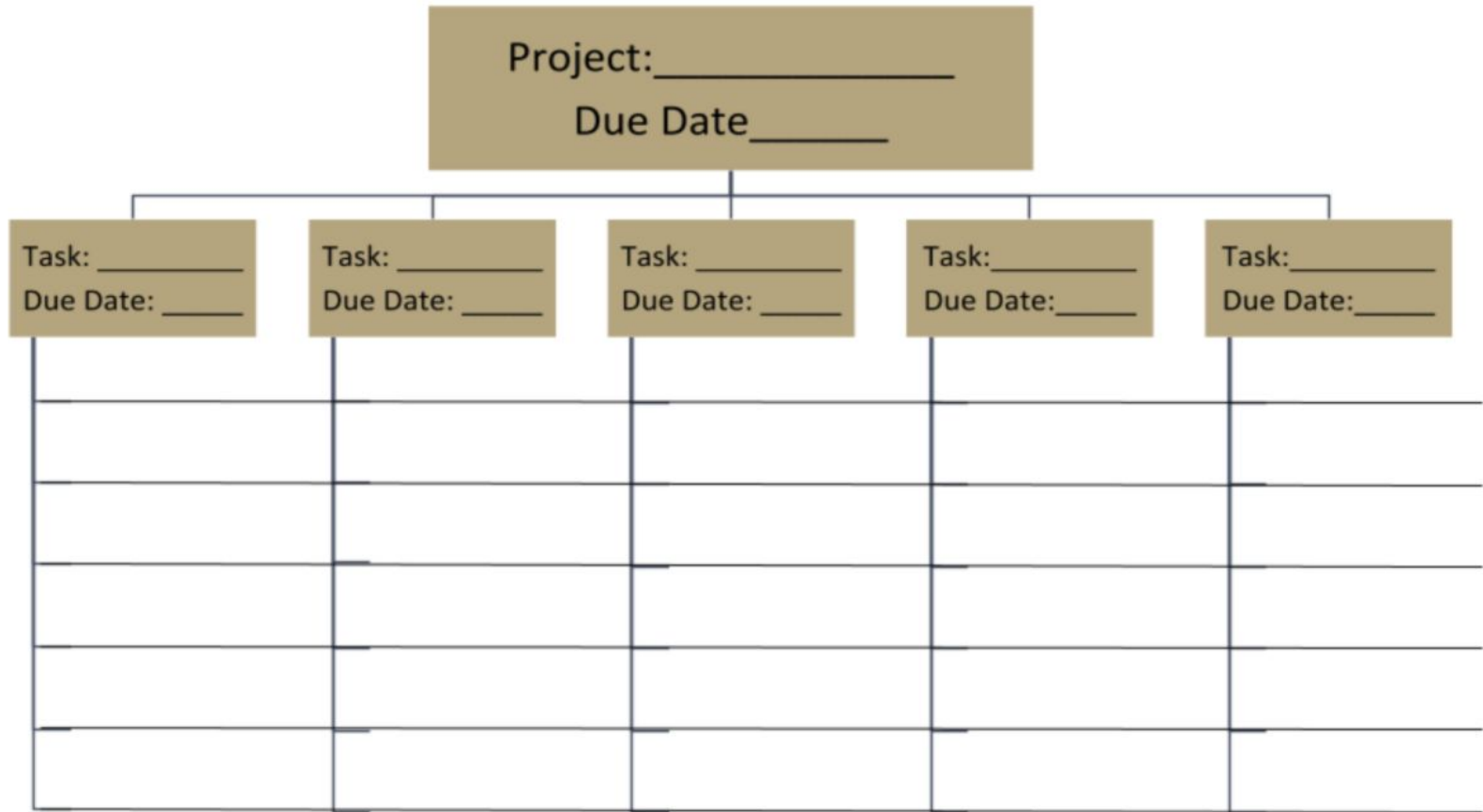
> *Good visualizer tool if a planner or calendar isn't your cup of tea!*



Breaking Projects into Parts

- > Breaking a project into smaller parts makes it more manageable
- > Write down the steps to complete the project
- > Starting from the last step, estimate how much time you need to complete each step
- > Write down subtasks underneath each step





- > **Steps:** Find sources, Analyze sources, Write about source, Synthesize sources together
- > **Substeps:** Google Scholar, Main points/examples, Paraphrase/Cite, Look for comparisons and contrasting ideas



Final Time-Management Tips

- Schedule tasks that can be accomplished in 30-60 minute blocks
- Be sure to take short breaks (5-10 minutes for each hour). Know yourself!
- At the beginning of each week, make a list of tasks to do
- Doing 2-3 small tasks each day is more beneficial than 10 tasks on the weekend
- Write down any appointments in your calendar (or on phone) *as soon as you* make them.
- **Good first steps:** write down due dates and create a list

How Do You Study?

- Where?
- With who?
- What materials or methods have worked for you?

Online Learning

> It can be challenging to stay motivated in an online learning environment where things are more self-directed

> What are ways that you have found to combat distractions?

> What are three things that are not helpful in an environment when studying?

*put your answer in chat or unmute!



Establish a Routine

- Set a specific **study time, place, and location** for each course.

- Do you need **silence** or **background** noise?
- What is **distracting** and what helps you be **productive**?
- Best places for you: Quiet place in your home, a designated work space, outdoors in the backyard or on balcony (if available).



- Study at times when you are most alert and free from other distractions.
- Set study times in your planner to plan your week better and hold yourself accountable.

How to Study Smart

- > Try studying at different times during the day to find the best time for you
- > **Study in short sessions**
- > Study difficult/least-favorite subjects first
- > **Break larger projects into parts**
- > **Study/Review for classes a little bit each day**
- > **Eliminate distractions as much as possible**
 - Work mode on phone
 - Set phone to silent/place in another room
 - Turn off computer notifications
 - Web blocker (Forest, Limit, StayFocusd)

Study Methods

Active Studying: putting the content in your own words/ideas

Passive Studying	Active Studying Alternatives
Re-reading notes	Summarizing notes, making mind maps, making flashcards
Rewatching lectures	Making your own presentation, explaining the course content to someone with little familiarity with the subject
Highlighting and underlining	Drawing symbols, writing questions, recreating diagrams, creating charts of key concepts

Other Study Methods

> **Pomodoro Method**

- Pick a task and set a 25 minute timer
- Take a 5 minute break
- Every 4 Pomodoros, take a longer 15-30 minute break

> **Feynman Technique**

- Write down the subject/topic and write in your own words as if you were trying to explain to someone else
- Review what you wrote and identify if any parts were incorrect
- Look back to notes/textbook for correct answer

> **Studying before bed**

- Helps improve recall
- Instead of an all-nighter, study a few hours before bed and review info in morning

> ***Adjust based on what works best for you!***

W

Asynchronous Classes

Success Strategies

- Get comfortable with Canvas; Turn on notifications, set up a profile, use the eportfolio function
- Try using the chat function in Canvas to connect with classmates and form study groups (apps like KiwiLink or Discord might also be helpful to find study groups)
- Have a set time for each class
- **Follow the recommended workflow**
- Create/ Use general discussions
- Know your professors' preferred email/ method of contact and reach out
- Know your professors' late work policy
- **Keep due dates easily available in your workspace, set due-dates for self-paced classes**
- Make sure to take breaks, try a study method that includes breaks such as the Pomodoro method, find what works for you!
- **Summarize your notes per lesson** (mind maps, bullet point lists, 8X11 notes are all good formats to use)
- Be vocal and polite in discussions; let your classmates and professors get to know you, don't be afraid to disagree with classmates

Zoom Classes

Success Strategies

- **Turn on your camera and hide self view**
- **Use a virtual background**
- Most professors will give a short breaks -> stand up and stretch
- Some days you may not feel like turning on your camera -> that's okay!
- Copy and paste your zoom links into Google Calendar for easy access
- Participating in breakout rooms makes it less awkward for everyone involved, including yourself!
- After class ends, try and get away from your computer to rest your eyes and take a break before more zooming
- Sit close to your router if you have slow internet

*These aren't the only success strategies out there! Some may or may not work for everyone, so adjust based on what works best for you!

Tips to Stay Motivated with Online Learning



Create a schedule (& stick to it!)

- Wake up at the same time every day
- plan out when you will attend courses and study
- take regular breaks



Pretend you're not working from home

- Have a routine that creates a clear delineation between your “on” (school) time and “off” (free) time



Have a dedicated workspace

- Set up an area where you can work with few distractions and all the necessary materials
- Avoid working from your bed if possible



Stay connected to others

- Add regular phone/video calls or small in-person gatherings (where appropriate) to your schedule to stay connected to friends and family



Celebrate your wins

- find a way to track your accomplishments and reward yourself for them!



Ask for help

- Reach out to professors, classmates, friends or other trusted individuals when you are struggling and need additional support



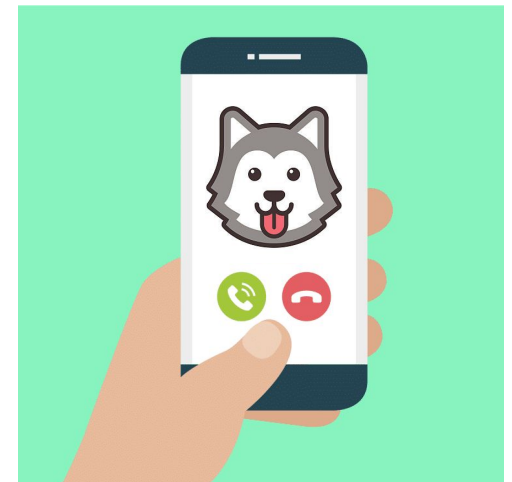
Online Community and Wellness

How do I keep community while at home?

- Phone calls and video chats
- Netflix watch parties
- Online games / online streaming platforms
- Study sessions

How can we create community?

- Join a club
- Reach out to other students in your classes
- Join online groups with shared beliefs and values



Career & Internship Center

Mentors

Registered
Student
Orgs (RSO)

Professors



Beyond the Classroom

Learning Communities

Volunteer/Service
Learning

Writing/ Study/ Tutoring
Centers



Building your pack of support



Disability Resources for
Students (DRS)

Study Groups

Subject
Librarians

Academic
Connections

Teaching Assistants

First-Year
Interest
Groups FIGs



Virtual Study Groups

- > Discord
- > Canvas Chat and Messages
- > KiwiLink - find others in the same class

Tips:

- > Go to office hours to ask questions and meet classmates
- > Limit study groups to 4-6 classmates
- > Find a check-in buddy



H.A.L.T like a Husky

Hungry? Grab a snack!
Check out UW Food
Pantry for help



Lonely? Reach out to
your classmates!
Check out UW RSO's
for more socialization
ideas!

Angry? Anxious? Try a
relaxation technique
like square breathing!
Check out Hall Health
for more ideas

Tired? Thirsty? Make
sure you are getting
enough sleep and
taking breaks when
needed. Aim to drink 64
oz of water a day!



Resources

- > UW Food Pantry
- > Emergency Aid
- > Counseling Center
- > Hall Health
- > Advising
- > CLUE/Tutoring Centers
- > RSO's
- > Meet with a Success Coach



Coping with COVID-19 Related Stress



Pay Attention to Your

Reactions: It is normal to experience stress, anger, anxiety and fear during a crisis. Being aware of your reactions can help you decide what you need to cope with these feelings.

Be Kind to each other:

Remember that COVID-19 doesn't recognize race, nationality, or ethnicity. Wearing a mask does not mean a person is ill. Being compassionate is the best thing we can do for ourselves and our communities.

Take a Break + Relax: There is life outside of the current crisis. Make sure to schedule a break and relax or do things you enjoy such as meditation, listening to music, coloring etc... Different coping strategies work for different people, use what has worked for you in previous times of stress.



Maintain a Healthy Routine:

It is important to maintain your regular schedule for sleeping, eating, studying, working, socializing and etc... Don't use smoking, alcohol or other drugs to cope with your stress. (This may reduced your body's capacity to heal itself)



Limit Information: too much information leads to overload and more stress so try to limit your exposure to news and information regarding the virus. Choose a reputable and non-sensational news source such as the CDC or King County Public Health.

Connect with Others: When in distress, you may feel lonely and isolated in what you are going through. You can benefit from connection with others where you can provide and receive support from each other. Talk to your friends and family.

Breakout Rooms

Find a partner to set weekly/daily goals with using the study strategies we talked about tonight!

Setting S.M.A.R.T Goals



S

Specific

The goals you set should be clear and easy to follow. Being specific helps you to focus your efforts and clearly define what you are going to do. Your goal should include an answer to the popular "W" questions of "Who, what, where, when, and why." If your goal is to reach out to you professors and TAs more this quarter, then set a specific goal to see your professor and TA once every month.



M

Measurable

It is hard to manage a goal that you cannot measure. Choose a goal with measurable progress so that you can see when changes occur. Ask yourself, "How will I see when my goal is reached?" If your goal is to earn a 3.5 GPA this quarter, then this shows that there is a specific goal that can be measured. Try to break down large goals into smaller measurements. For example, if trying to achieve a quarterly GPA of 3.5, make it a goal to get at least a 3.5 average on midterms and final exams.



A

Achievable

This step focuses on realizing how important a goal is to you and what you will need to do to make it attainable. Reaching a goal will take real commitment and may require you to develop new skills and changing attitude. Utilize a growth mindset when approaching the difference steps of your goal because it will keep you motivated.



R

Relevant

Focus on a goal that makes sense for you and where you are at the moment. What seems like a good goal to accomplish for others, may not be the same goal that you should be focusing on. Set the bar high, according to your own standards, to receive a satisfying achievement.



T

Timely

Set a realistic timeframe for your goal: next week, by the end of the quarter, by graduation. Ask yourself specific questions about the goal deadline and what can be accomplished within your set time frame. Putting an end point on your goal gives you a clear target to work towards.

SHARE!

Takeaways

- Good time management is foundational!
 - plan study sessions
- Short study sessions
- Conducive study environment
- Reward yourself
- Reach out!



Due tomorrow



Do tomorrow

Next Steps

- Use these strategies
- Come up with a plan
- Seek additional resources as needed
- Schedule a meeting with a Success Coach

YOU GOT THIS!



Questions? Email us
or make an
appointment!

aspcoach@uw.edu