

TURN ON SPEAKER NOTES!

Tips for Learning During Disruption

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**What is the best way to use
unstructured time?**

TIP #1

Rest and stay healthy.

TIP #2

**Use study strategies that make
the most effective use of open time.**

Which of these
study strategies
would you guess is
most effective?

- Distributed Practice
 - Highlighting/underlining
 - Memorization
 - Practice testing
 - Re-Reading
 - Self-explanation
 - Summarization
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Which of these
study strategies
was *found to be*
most effective?

Dunlosky et al. 2013

- **Distributed Practice**
 - Highlighting/underlining
 - Memorization
 - **Practice testing**
 - Re-Reading
 - **Self-explanation**
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The Study Cycle

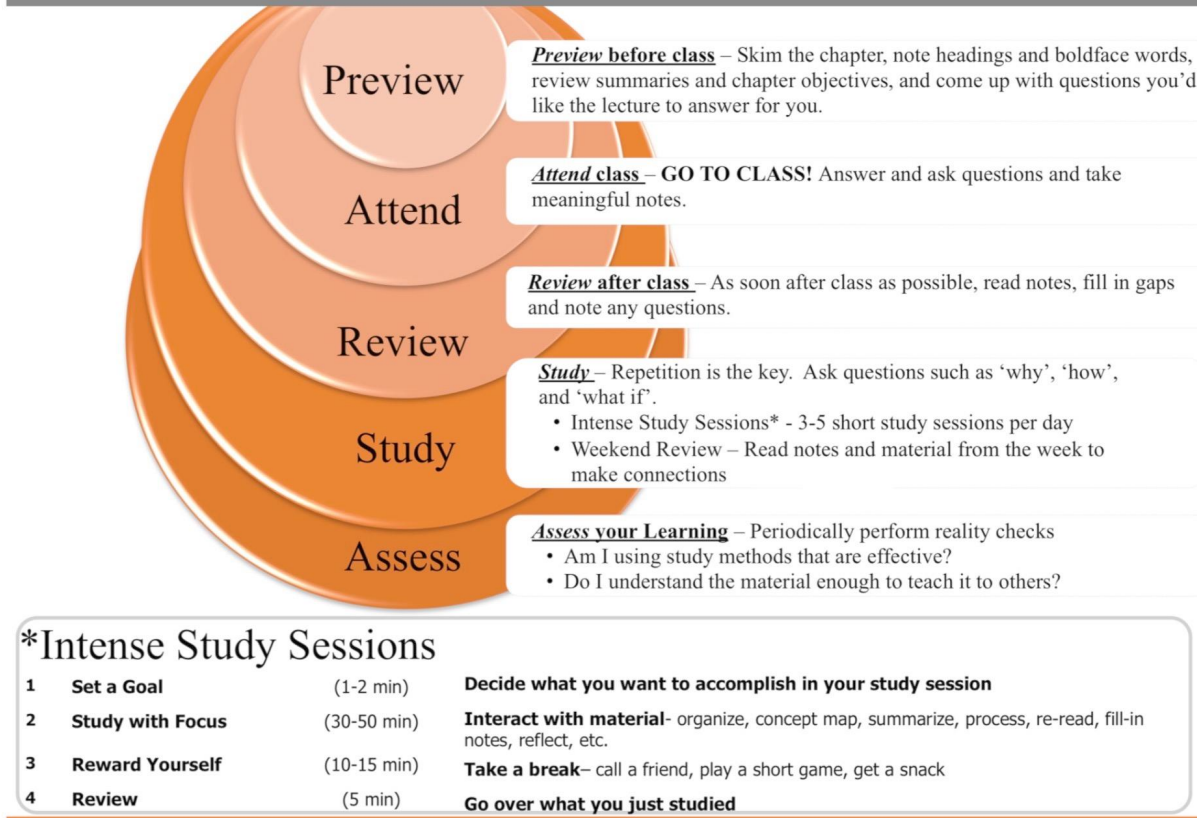


Figure 2. The Study Cycle as presented to the Louisiana State University students seeking advice from the Center for Academic Success.

What if my class goes remote?

TIP #3

Keep your schedule.

TIP #4

Keep taking notes.

TIP #5

**Check email and
notifications regularly.**

TIP #6

**Increase communication
with your professors.**

TIP #7

Stay connected with students.

Be flexible and considerate.

Bibliography

John Dunlosky , Katherine A. Rawson, Elizabeth J. Marsh, Mitchell J. Nathan, and Daniel T. Willingham, “Improving Students’ Learning With Effective Learning Techniques: Promising Directions From Cognitive and Educational Psychology,” *Psychological Science in the Public Interest* 14, no. 1 (2013), 4–58, [link](#)

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“8 Strategies for Getting the Most Out of an Online Class,” [Northeastern University](#)

“5 Tips for Online Student Learning Success,” [Ohio State University](#)

At Rice: [Online Education Tips for Success](#)

Acknowledgements

Robin Paige (@Robin_Paige_1), Cassie Clark (@cassiel_clark), Jessica Parr (@ProvAtlantic), Seth Tyger

Questions? Suggestions?

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