

# Success in: BINUS Online learning







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What does experts say about how an ideal online learner should act

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#### An introduction to Selfdetermination Theory

Get to know with the theory behind our motivation – the drivers of all conducts

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Some universal resources to help students conducting their study and how to use it properly





#### Time management



The flexibility to create your own schedule is often one of the biggest appeals of taking online classes. But that freedom can also be a disaster if you do not have solid time management skills. Without them, you might easily to find yourself cramming before classes or handing in low quality assignments.

#### Time management



Though how you manage your time will depend on your schedule, learning style, and personality, here are some universally valuable tips to help you practice and improve your time management skills

#### Time management





Make note of major assignments



Create a weekly schedule that you follow



Try time-blocking



Check in periodically throughout the term



#### Create regular study space

Set up a dedicated learning environment for studying. By completing your work there repeatedly, you'll begin to establish a routine. Experiment to discover which type of setting boosts your productivity. Wherever you choose, make sure there's high-speed internet access so you're not trying to take an online course over a lagging connection.



#### Create regular study space

Setting up a regular workspace or office will also **help you to stay organized**. Knowing exactly where important dates, files, forms, syllabi, books, and assignments live will help keep you on track towards hitting your goals. When setting up your study space



## Figure out how you learn best



Once you've established where you'll learn, think about when and how you accomplish your best work. If you're a morning person, make time to study first thing when you wake up. More of a night owl? Set aside an hour or two after dinner to cozy up to your computer. If your family require your morning and evening attention, try to carve out a study session midday. Brew your usual cup of coffee, put on your go-to playlist, and do whatever you need to get into the zone.

# Figure out how you learn best



Not everyone learns the same way, so think about what types of information help you best grasp new concepts and employ relevant study strategies. If you're a visual learner, for example, print out transcripts of the video lectures to review. Learn best by listening? Make sure to build time into your schedule to play and replay all audio- and video-based course content

#### Eliminate distractions

From Netflix to social media to video games, you'll be faced with many distractions that can easily derail your studies. The best online students know how to lessen these distractions and set aside time to focus. Ultimately, you will need to find a strategy that works best for you. Some might find that they can tune out a noisy home by listening to music. Others might choose to work from a local coffee shop or library to eliminate their urge to multitask at home.





#### Eliminate distractions

Regardless of where you choose to work, consider turning your cell phone off to avoid losing focus every time a text message or notification pops up. And if you're still having trouble resisting the temptation to check your video games or surf the web, try downloading a website blocker. Using applications like Cold Turkey and Freedom can help eliminate distractions by blocking the apps or websites that tend to compete for your attention



#### Actively participate



Participate in the course's online forum to help you better understand course materials and engage with fellow classmates. This might involve commenting on a classmate's paper on a discussion board or posting a question about a project you're working on. Read what other students and your lecturer are saying, and if you have a question, ask for clarification.

#### Actively participate



Make sure you are checking in as often as you can. The flexibility of online learning means that you could squeeze in a discussion response around your schedule. Set a goal to check in on the class discussion threads every day. And if you do feel yourself falling behind, speak up. Don't wait until an assignment is almost due to ask questions or report issues. Email your lecturer and be proactive in asking for help.

#### Leverage your network

Online classes may sometimes make you feel like you are learning on your own, but this couldn't be further from the truth. Most online courses are built around the concept of collaboration, with lecturers and instructors actively encouraging that students work together to complete assignments and discuss lessons



#### Leverage your network

Build relationships with other students by introducing yourself and engaging in online discussion boards. Your peers can be a valuable resource when preparing for exams or asking for feedback on assignments. Don't be afraid to turn to them to create a virtual study group. Chances are good that they will appreciate it just as much as you will.





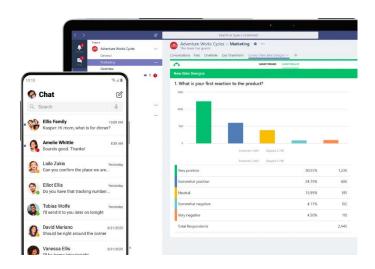


Set goals at the beginning of the semester and check-in with yourself weekly. In a traditional classroom setting, you'll often receive verbal or visual reminders of an assignment's upcoming due date. But without a lecturer actively reminding you, it's up to you to make sure you've allotted enough time to complete the work so you're not starting an assignment the day before it's due.



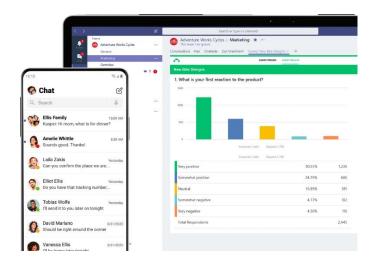
If you're having trouble holding yourself responsible, pair up with a fellow classmate, or asks the help of a spouse or friend to check in as an accountability partner. By being organized, proactive, and self-aware, you can get the most from your online class even when life outside of school becomes chaotic.

One of **the best tools** you can utilize to help you more accountable, organized, and allow collaboration as well, is Microsoft Teams. By using your binus.ac.id email account, you can start using Microsoft Teams with your classmates or lecturers.



Microsoft Teams empowers teamwork and content collaboration through a variety of features.

- ✓ Communication driven by instant messaging and audio/video chat.
- ✓ Live meetings and on-demand recordings.
- ✓ Integrations with Office 365 apps such as **Planner** as well as third-party services.
- ✓ Mobile app for on-the-go teamwork.









Regular study space



Figure out how you learn best



Eliminate distraction

#### Common attributes of a successful online learner



Actively participate



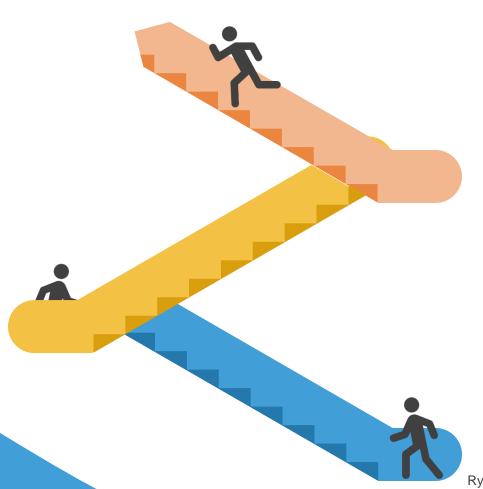
Leverage **network** 



Hold yourself accountable



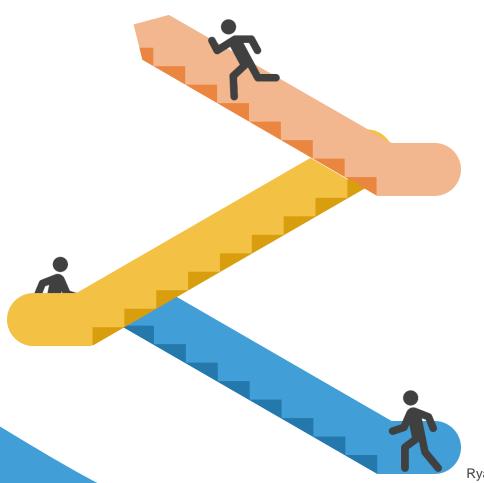




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It highlights the importance of humans evolved inner resources for personality development and behavioral self-regulation.

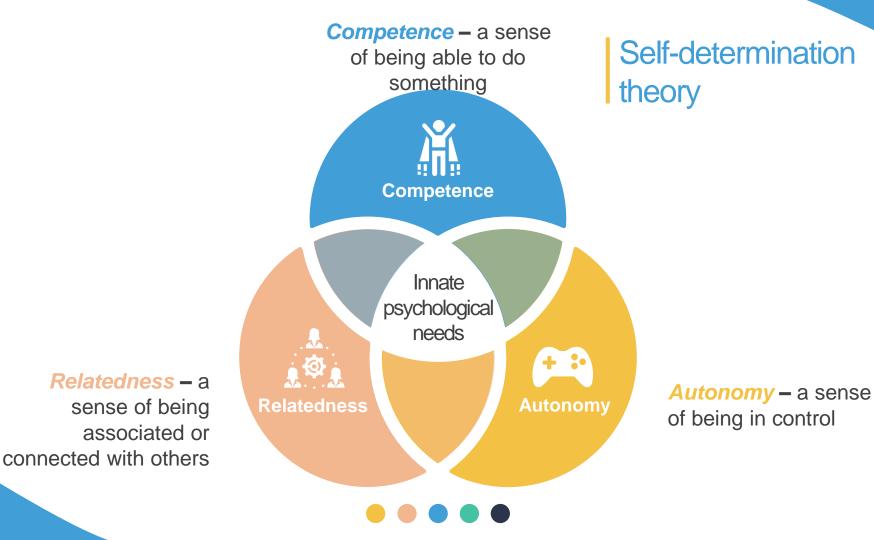
Ryan, R. M., & Deci, E. L. (2000). Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being. *American Psychologist*,





The fullest representations of humanity – curious, vital, and self-motivated. At their best, they are agentic and inspired, striving to learn; extend themselves; master new skills; and apply their talents responsibly.

Ryan, R. M., & Deci, E. L. (2000). Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being. *American Psychologist*,





The need for competence means the desire to control and master our environment and outcome. We want to know how things will turn out and what the result are of our actions.





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To be autonomous does not mean to be independent. It means having a sense of free will when doing something or acting out of our own interests and values.

Our actions and daily activities **relates** other people and through this, **we seek the feeling of belongingness**.





# Mediators of intrinsic motivation



Feelings of competence will not enhance intrinsic motivation unless accompanied by a sense of autonomy or in attributional terms, perceived locus of causality (deCharms, 1968). Choice, acknowledgment of feelings, and opportunities for self-direction were found to enhance intrinsic motivation.



Vallerand and Reid (1984) found that Intrinsic motivation were mediated by perceived competence. Thus, optimal challenges and positive performance feedback enhanced it, whereas negative performance feedback diminished it (Deci, 1975)

# Mediators of intrinsic motivation









perceived locus of causality

Intrinsic motivation also more likely to flourish in contexts characterized by a sense of security and relatedness.

Hence, a secure relational base does seem to be important for the expression of intrinsic motivation (Ryan & Grolnick, 1986).



perceived competence



perceived locus of causality

Mediators of intrinsic motivation



sense of security



Controlled motivation

Autonomous motivation

Lower Motivational Quality

Higher Motivational Quality

Amotivation	Extrinsic Motivation				Intrinsic Motivation
	External Motivation	Introjection	Identification	Introjection	
<ul><li>Lack of perceived competence</li><li>Lack of value</li></ul>	<ul><li>External rewards or punishments</li><li>Compliance</li><li>Reactance</li></ul>	<ul><li>Ego involvement</li><li>Focus on approval from self and others</li></ul>	<ul> <li>Personal importance</li> <li>Conscious valuing of activity</li> <li>Self-</li> </ul>	<ul><li>Congruence</li><li>Synthesis and consistency of identifications</li></ul>	<ul><li>Interest</li><li>Enjoyment</li><li>Inherent satisfaction</li></ul>
Impersonal	External	Somewhat external	endorsement of g <b>Sagnewhat</b> internal	Internal	Internal





perceived competence



perceived locus of causality

Mediators of intrinsic motivation



sense of security



# Steps in fostering your intrinsic

motivation



Start with why you really want to learn a new skill



Set clear goals about what you're planning to learn



Find a learning accountability partner or start an online study group



Apply what you learn by building your own digital portfolio





Set clear goals about what you're planning to learn



Find a learning accountability partner or start an online study group



Apply what you learn by building your own digital portfolio



You have to be intrinsically motivated, which means you are self-motivated by your own internal sense of autonomy, mastery, and purpose. When you define your purpose for learning and how achieving your goal matters will make you feel emotionally, it becomes much easier to stay motivated.









Who benefits from this? Who is most directly affected?

What are my strengths and weaknesses?
What can I do to make a positive change?

Where would we see this in the real world?

When is the **best time** to take action? When will we know we have succeeded

Why is this a problem?
Why are people influenced by this?

How does this benefit us/others? How do we see this in the future?

























Find a learning accountability partner or start an online study group



Apply what you learn by building your own digital portfolio



The key to building a self-directed learning habit is to make yourself accountable. Commit to learning a new skill with a close friend, colleague or family member.





Set clear goals about what you're planning to learn



Find a learning accountability partner or start an online study group



Apply what you learn by building your own digital portfolio











Google Drive Google Docs





Set clear goals about what you're planning to learn



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Apply what you learn by building your own digital portfolio



If you want to learn a new skill, you need to apply what you learn by building something with it. Ideally, your digital portfolio should have detailed case studies, real-life application, or solution to an existing problem to show off the value you offer and the business results you have achieved for others.





Set clear goals about what you're planning to learn



Find a learning accountability partner or start an online study group



Apply what you learn by building your own digital portfolio









Youtube



Instagram



**Pinterest** 



# Tips in Optimizing Online Resources





What kind of website is it? What's its purpose?



Who has **written or provided** the information on the website?



Is the information provided **up to** date?



Are there **links to other** resources?



# What Kind of Website is it? What's its purpose



Any information that you use to support ideas and arguments in a research paper or class discussion should be given some scrutiny. The easiest way to determine its credibility is by **identifying the suffixes of the website**. There are 5 most common domain on the internet – namely:



# What Kind of Website is it? What's its purpose



Sites using this domain name are schools ranging from kindergarten to higher education. If it is from a **department or research center at an educational institution**, it can generally be taken as credible.

A government site. Information such as Census statistics, Congressional hearings, and Supreme Court rulings would be included in sites with this domain. The information is considered to be from a credible source.

# What Kind of Website is it? What's its purpose



Traditionally **a non-profit organization**. The information in these types of sites is credible and unbiased, but you probably want to give a closer scrutiny these days. Some commercial interests might be the ultimate sponsors of a site with this suffix.

The information **provided by commercial interests** is generally going to shed a positive light on the product it promotes. While this information might not necessarily be false, remember that there's a monetary incentive behind every commercial site.

(dot) net **stands for Network**. It acts as a catch-all for sites that don't fit into any of the preceding domain suffixes. Information from these sites should be given careful scrutiny.

# Who has **Written or Provided** the Information on the Website

When looking for information online, you should consider who has authored it. If it is a legal advice website, you can be relatively sure that it is accurate. Where you cannot identify the person or organization that has written the website, it is best to look for a more transparent source.



# Is the Information Provided **Up to Date**?

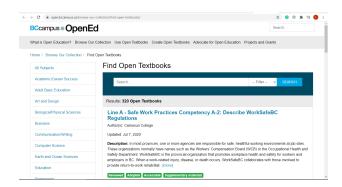


Reliable websites will usually, but not always, indicate the date on which the information was last updated. If a website does not provide this, it may be reason to question the authority of the information – especially a data that keeps changing such as census.

#### Are there Links to Other Resources

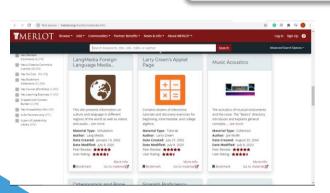
If you are unsure about the reliability of the legal information you have found, search again to see if you can find the same information somewhere else. Finding the same information in multiple places can be a good indication that it is accurate. In addition, if a website indicates where the information has come from, you can check the sources yourself to ensure accuracy.







#### Some Credible and Useful Online

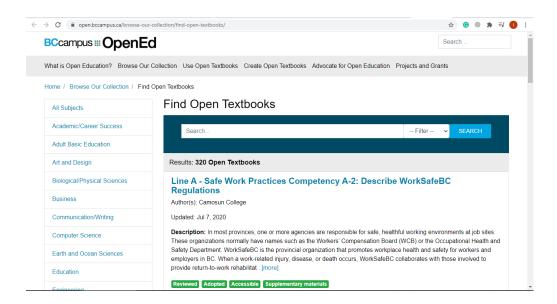








# BC Open Textbooks



**over 300 textbooks** on different subjects available in different formats.

https://open.bccampus.ca/browseour-collection/find-open-textbooks/

# LabXchange

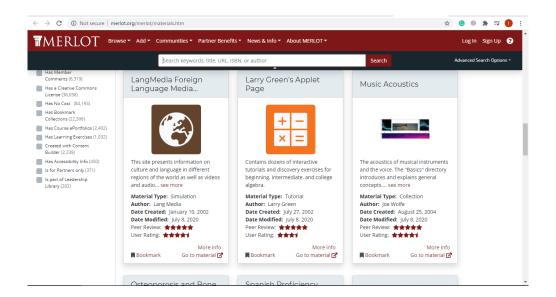
an online community for learning, sharing, and collaboration.

https://www.labxchange.org/





#### MERLOT



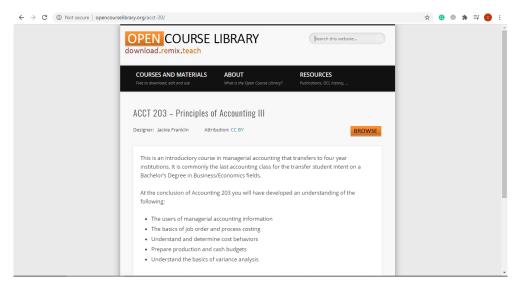
a high-quality sharable online learning resources repository contributed by member institutions from around the world.

https://www.merlot.org/merlot/materials.htm

# Open Course Library

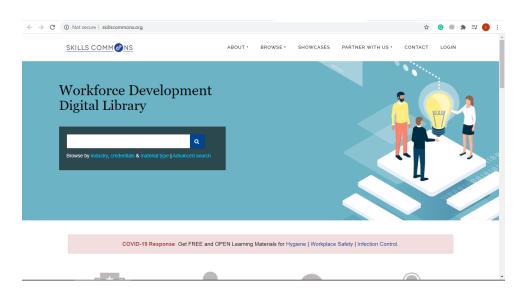
a collection of sharable course materials at college level.

http://opencourselibrary.org/acct-20/





#### Skills Commons



supported by the US Department of Labor's Trade Adjustment Assistance Community College and Career Training (TAACCCT), this platform provides learning resources for job-driven workforce development. http://www.skillscommons.org/

# Wrap up

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The future belongs to the **brave and curious**. So if you're serious about learning something new, follow these steps and you'll be on the path to achieving your dreams by making your goals a top priority in your life.

Speak up, connect, be passionate, be open minded, and regulate your self-control. You'll be surprised on how motivated you are to keep improving yourself as a human.

