***How to Learn Online***

***Learn essential strategies for successful online learning***

***What You'll Learn:***

Self-care techniques that will help you maintain a healthy mind for effective online learning.

Time management with the help of some common technology.

Key learning strategies backed by research from edX partners.

Build strong connections with fellow learners and your instructors.

Setup your work area in order to focus and be a successful online learner.

***Instructor:***

***Nina Huntemann*** -

***Robyn Belair*** - Learning Designer • edX

***Ben Piscopo*** - Senior Learning Designer • edX

***Course contents:***

Welcome

Getting Started

The edX Team

Self-Care for Learning

Managing Stress

Memory and Learning

Take Five for Yourself (1 Question)

Space, Time and Technology

Creating Space for Learning

Time Management

Managing Your Technology (1 Question)

Learning Strategies

Self-Regulation and Learning

Durable Learning (1 Question)

Communication and Community

Learning Together

Working Together (1 Question)

What's Next?

Keep Learning

***Duration Course:***2 weeks