The Student Learning Centre

What is the difference between online learning vs in-person learning?

In-person

- Structured
- Face-to-face interactions
- In-person office hours
- Networking opportunities with professors and other students
- Strong sense of belonging and sense of community

Online

- Synchronous vs asynchronous
- Study anywhere
- Login from anywhere
- No commute
- Work more while attending school
- Better work/school home life balance

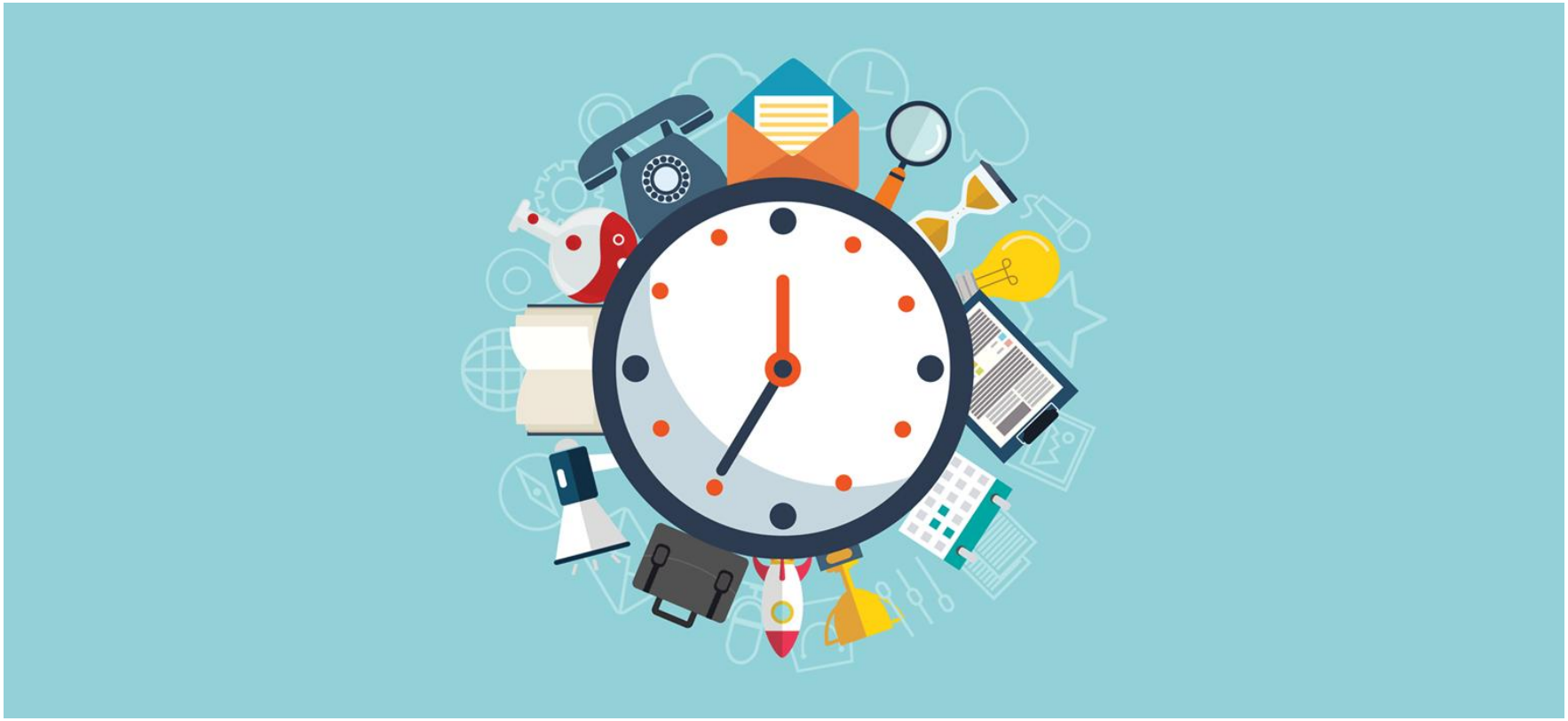
Tips for online learning

- Treat your online course the same as a course that you attend in person
- Not all courses are the same
- Create daily to-do lists
- Create a clean, organized and quiet study space
- Take breaks

Tips for online learning

- Embrace technology
- Find your learning community
  - Professor and/or TA (virtual office hours), peers, study groups, SLC services (PASS and workshops)
- Participate on the discussion board
- Create a routine

What does your time management look like?



How good is your time management?

Take Action

- Study Plan
- Task lists
- Virtual post-it notes
- Pomodoro Technique
- Reminders (calendar/cell phone)

Study Plan

SUN 13
MON 14
TUE 15
WED 16
THU 17
FRI 18
SAT 19
GMT-04
6 AM
7 AM
8 AM
9 AM
10 AM
11 AM
12 PM
1 PM
2 PM
3 PM
4 PM
5 PM
6 PM
7 PM
8 PM
9 PM
Flex Study 10 – 11am
Flex Study 11am – 12pm
Flex Study 1 – 2pm
Flex Study 2:30 – 3:30pm
Gym 7 – 8am
Intro Psychology Lecture 11am – 2pm
PSYC Study 3 – 5pm
PSYC Study 6 – 7pm
Gym 7 – 8am
Intro PSYC Tutorial 10 – 11am
Intro Sociology Lecture 2 – 5pm
SOCI Study 6 – 7pm
SOCI Study 7:30 – 8:30pm
Gym 7 – 8am
SOCI Study 9 – 10am
Hybrid Writing for Social Sciences Lecture 11am – 2pm
Writing Work for Hybrid Course 3 – 4pm
Writing Work for Hybrid Course 4:30 – 5:30pm
Intro Communications Lecture 8 – 11am
COMM Study 11:30am – 12:30pm
Writing Work for Hybrid Course 12:30 – 1:30pm
Work 2 – 6pm
COMM Study 8 – 9pm
COMM Study 9 – 10am
Intro Criminal Justice Lecture 11am – 2pm
CRMN Study 3 – 4pm
CRMN Study 5 – 6pm
CRMN Study 9 – 10am
Work 12 – 6pm

Task Lists

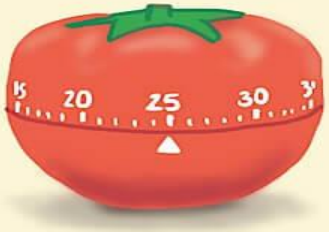
Task/Assignment	Priority Level	Done ☑
Create group for business presentation	high	
Go to professor office hours to review midterm marks	medium	
Clean apartment	low	

Assignment Task List

Due Date	Course	Chapter/Topic/Task	Time Per Task	Total Study Time	Done √
Feb 20	Psychology	·Find journal articles ·Read journal articles ·Prepare Outline ·Draft 1 ·Revise draft ·Reference page ·Final draft	·3 hours ·3 hours ·2 hours ·2 hours ·2 hours ·2 hours ·1 hour	15 Hours	√

THE POMODORO TECHNIQUE®

A SIMPLE METHOD TO BALANCE FOCUS WITH DELIBERATE BREAKS



1 PLAN YOUR TASKS

How many pomodoros might you need ?

2 DO 1 POMODORO

Time for 25 mins then take a 5 min break

NO SNEAKY WORKING !

PROTECT YOUR POMODORO !

3 REPEAT x 4 POMODOROS

Then take a longer break

CONCEIVED BY FRANCESCO CIRILLO

sketchplanations