**Abstract**

Online education has proven to be harmful to the average student over the last few years. It was shown to be less effective towards teaching material due to the structure of requiring a student to use technology in order to turn in their work. Aside from this, it was much more difficult for students, as it punished those who were not predisposed to working with computers. Not only this, but being on a computer in a video call as opposed to in class resulted in less effective lectures due to using less of a student’s working memory capacity. Students with ADHD were impacted much more heavily than others through higher risk of setbacks such as greater difficulty in organization and participation, as well as raising antisocial behavior even after students were moved back to in person classes.

**History**

Online education and distance learning has had a fairly slim history, as it had a major increase in relevance during the Covid-19 outbreak in 2020. While it wasn’t too common before this, it did exist through online universities, with the main objective being to provide a quick and cheap method of obtaining a degree in various fields. These online courses were not quite comparable to an in person, brick and mortar-based university with much more history and prestige. It did provide a solid option for those not able to attend an in-person college for various reasons, mainly lack of time and money. Once the Covid outbreak began, all American universities were pushed to operate online only, in order to prevent the spread of this virus. While successful in its objective, distance learning proved to be much less effective for the average student, and even drove many to opt out of their education until lessons had returned to the classroom.

1. **Effectiveness**
   1. Internet cognitive fatigue
      1. Attention failure
      2. Distractions while performing tasks
   2. Self-efficacy of interacting with learning content
      1. Generally lower self esteem with students in online classes
      2. Due to the pre-perceived notion that online classes are less personal/less enjoyable
2. **Difficulty**
   1. Working memory capacity
      1. Less effective lessons
      2. Not remembering as much during online classes
   2. Ability to use IT
      1. Causes unnecessary anxiety in less capable students
      2. Students less capable in IT also do not receive individual satisfaction from classwork
3. **Students with ADHD**
   1. Higher risk of setbacks
      1. Difficulty in organization
      2. Online education raises antisocial behavior
   2. Higher risk of non-participation
      1. Being at home
      2. Not in a place prioritizing focus

**Conclusion**

Not only is online education much more difficult to the average student, it is also less effective for the time it consumes, and leaves students much less satisfied and confident in the education they received. When possible, online education is to be avoided particularly by students with neurological disorders such as ADHD, as they are affected the greatest by the lack of focus and sociality that goes with being in a classroom with students. It goes without saying that the years the world went without in person classes definitely had a negative effect on the students of the time, not only drawing back intelligence wise, but also within the aspects of mental and social health.