



Online Learning

EDUCATION

Online courses and degree programs offer their own set of benefits and challenges. In some cases, online learning offers students more flexibility as you can learn whenever or however works best for you. This makes time management and self-discipline essential components of the online learning process.



Developing skills to be an effective online learner can be helpful in managing common symptoms following concussion.

Be fully committed to online learning. Dedicate the same amount of effort into an online course as you would a traditional class.

Make sure you have reliable internet access. Find the best internet locations in your home

Learn how to navigate your college's online resources like virtual tutoring and library access.

Stick to a consistent school work and sleep routine. This means getting up at the same time each day and plan consistent times for class, studying, and exercises, just like for in-person learning

Keep a dedicated study space with limited distractions.

Decide whether you will take notes on the computer or on paper. Consider whether it might help to take your eyes off the screen to take notes or whether switching from looking at the screen to the paper may be bothersome.

Understand the technology. Learn how to use online learning components like file sharing and video conferencing software before the class begins.



STRATEGIES

Keep up with course emails and announcements. Check on the course daily.

Pick a time to learn and complete online class activities when you feel your best.

Have a study plan. Set time limits for classes, assignments, and studying. Incorporate breaks during your schedule to help stay alert.

Be actively engaged throughout the course. Participate in the virtual classroom and online discussions.

Be collaborative. Reach out to your online classmates or instructor if you need help. Initiate or participate in virtual study groups.

Make online learning easier on your eyes and brain by printing out lengthy readings, or using screen readers, dark mode, or a blue light filter.

TECHNOLOGY

Watch online tutorials from the virtual classroom platforms, like [Canvas](#), [Blackboard](#), or [Moodle](#), to learn how to navigate specific features of the programs.

