

ONLINE LEARNING GUIDE

IOWA

Undergraduate
Student Government

AS&R
Academic Support & Retention

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INTRODUCTION

Undergraduate Student Government and Academic Support & Retention at the University of Iowa have worked hard to support students during a difficult transition to online learning. We are all adjusting together, but our team has worked to compile data and student stories in one place for you.

In this document, you will find ways in which to best engage in your classes and be successful during this time. We invite you to practice all of the following techniques in order to maximize your time and experience academically at the University of Iowa.

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TREAT IT LIKE WE'RE IN PERSON

SCHEDULING

Especially with asynchronous classes, it can be very helpful to schedule a time to watch your lectures or do readings at the same time each week. This creates a sense of structure and makes sure you stay up on your work! Some people make a schedule each day. Since most classes are online, it can feel like we are sitting in our houses all day doing nothing. Instead, plan out your day to be as efficient as possible.

"THE MOST IMPORTANT THING FOR ME HAS BEEN STRUCTURE. I NEED TO HAVE MY DAYS PLANNED OUT AND STRUCTURED IN ORDER TO KEEP MYSELF ACCOUNTABLE."

**-MIRIAM PORRAS, USG
LATINX CONSTITUENCY
SENATOR**

VIDEO ON

Turning your video on, if you are able, during a synchronous lecture or discussion on Zoom can help you stay more engaged.

"TURNING MY VIDEO ON NOT ONLY SHOWS RESPECT TO MY FACULTY, BUT ALSO HOLDS ME ACCOUNTABLE IN STAYING ENGAGED WITH THE COURSE MATERIAL"

**-CONNOR WOOFF, USG
PRESIDENT**

MANAGING DISTRACTIONS

While in your apartment or room all day, it can often be difficult to stay focused on the tasks at hand. Try putting distractions out of sight to ensure that your academics are the first priority. Dedicate times to working. During that time, try to silence your phone and email to ensure that you are not distracted while trying to learn

3M LEARNING MODEL

The 3M Learning Model is a frame of reference for students, especially during our shift to online learning due to the ongoing pandemics we are experiencing. This model is proven to help students deeply understand the material and learn more effectively.

"Embracing the 3Ms of Learning is even more important while we are online! Our time is valuable and by keeping a growth mindset, learning through spaced practice, and practicing reflection in the metacognitive process, you can maximize your time and be that much closer to meeting your academic goals. "

-Stephanie Preschel, Associate Director, Academic Support & Retention

1

MINDSET

A growth mindset is the belief that intelligence can be developed with practice, effective strategies, and asking for help. Although we're all facing uncertainty, we will get through the current disruption. Your attitudes—or mindset—about the current pandemic will affect your motivation and learning.

3

METACOGNITION

Metacognition is the practice of thinking about thinking. When we take time to reflect on how our learning is going, it gives us a clear sense of what we are good at and what we need to work on. This practice has three parts Planning, Monitoring, and Evaluating, see Figure 1.

2

MEMORY

Memory refers to the need to set aside multiple short blocks of study time weekly for each class to learn recently taught material as you go along. When you spread out learning over time, you remember it better than when you cram. Regular re-visiting of material will create strong memories that are not easily forgotten.

METACOGNITION IN PRACTICE

PLANNING

- Preview readings
- Skim headings, note length, estimate time needed
- Set goals

MONITORING

- Summarize as you read - read a chunk, then go back and summarize in your notes
- Take short breaks to breathe and reflect on your progress

EVALUATING

- Complete a wrapper after every assignment or exam by asking questions like:
 - How did I prepare?
 - What errors did I make?
 - What can I do differently the next time?

UTILIZE RESOURCES

"Having resources similar to the Math Lab, have been critical to my success in college. My first year on campus I spent every Monday and Wednesday in the help lab and it didn't only help me better understand the course material, but also helped me make connections in my classes!"

-REGAN SMOCK, USG DIRECTOR OF ACADEMIC AFFAIRS

All of the academic support resources that were around before the pandemic struck, are still here for you! Check out the chart below to get more information about what services are offered in Fall 2020!

RESOURCES	DETAILS	FORMAT
Supplemental Instruction (SI)	A free resource that helps you learn how to be successful in your course	Students will be emailed links (specific to their course) to sign in for SI sessions.
TRIO Student Support Services	Student services focused on supporting First-Gen Low Income and students with disabilities	Learn more at: https://diversity.uiowa.edu/trio-sss
Math Tutorial Lab	Provides students with 1:1 help from tutors ready to answer questions in most math courses	125 MLH for in-person tutoring and virtual tutoring at: https://math.uiowa.edu/math-tutorial-lab .
Success in Rhetoric	Get help with papers, speeches, projects, or anything else related to RHET classes	In-person rhetoric support will involve SiR mentors embedded in Rhetoric classes.
The Writing Center	Assists with all writing projects at any stage of development for any student	Make an appointment on their website: https://writingcenter.uiowa.edu/
Teaching Assistants and Faculty	TA's and Faculty are always a go-to place for any problems you are having in their class	Visit office hours or make an appointment to seek help
For more resources and information please visit: https://tutor.uiowa.edu/find-help/		

MAKING CONNECTIONS

We all know that making connections in every aspect of our lives is harder now than every before! That's why getting creative is critically important. Try the tips below to make and utilize connections in the classroom:

- Go to help labs, utilize your class Facebook page, or reach out to people over email who you see in your classes! Once you meet people you can create study groups or ask each other questions about the course!
- Create Zoom study groups. You can schedule these to go over specific materials or just leave the Zoom on to take the time to work, knowing you have each other if you have any questions!

"Connecting with people I already know in classes to work on homework together has been helpful because it's fun to collaborate with people, even virtually! I have also tried to stay connected with my TAs and Professors through email and attending office hours!"

-KATE STRUBLE, USC DIRECTOR OF COMMUNICATIONS

Making connections is equally as important when it comes to your Teaching Assistants and Professors. Having a good relationship with your faculty members, not only helps you when you have questions about the class, but also will make you feel more connected on campus. Use these tips to become better connected:

- Go to office hours. Even though they are online, there is still an opportunity to connect and ask questions if you have them.
- Keep your video on in class. Faculty are more likely to remember your name if they see your face 2-3 times a week.

NAVIGATING TEST ANXIETY

Test anxiety is the feeling of distress or worry. Test anxiety can be a physical or mental response you experience, for example; an instant headache, nausea, or sweaty palms before or during a test. It is normal to experience some anxiety before a test, but if you have too much anxiety, it can be harmful to your academic performance. For many of us, this anxiety is heightened by the use of online proctoring services. Here are some tips to make this experience easier:

- Use positive self-talk. Instead of saying, "I can't do this" say "I can do this," "I'm prepared"
- Get a good night's sleep. Gather all materials you need for the test before bed.
- Relax and breathe. Put your best foot forward and do your personal best.
- After the exam is finished, remember you gave it your best. No matter how the test went, you still have the opportunity to learn from the returned exam
- Ask the professionals: Visit University Counseling Services at counseling.uiowa.edu

TAKING BREAKS

When sitting on a computer all day, it becomes super important that you take breaks! Schedule time off for yourself where you can do something that you enjoy! When you're not in class, it can be helpful to find something that doesn't require that you are looking at a screen! Get outside and move while you're taking your time off!

"I think that getting outside and taking breaks is vital to academic success during COVID 19." - Sam Stucky, USG Speaker of the Senate

Taking time for yourself is more important than ever before! Spend time on things that make you happy!

**FOR MORE HELP
AND INFORMATION PLEASE VISIT
TUTOR.UIOWA.EDU**