

ADAPTING TO VIRTUAL LEARNING

STRATEGIES FOR SUCCESS. WE ARE HERE TO HELP.



Virtual Resources

As a Maryville student, you have access to all of the following (and more!) resources that are available virtually:

- Student Success Hub: located on your Canvas dashboard, the Hub contains information on academic support, career development, utilizing CliftonStrengths, and access to Smarthinking (our 24/7 online tutoring service).
- 24/7 Counseling Support Line: call 314.529.6630 at any time of day to speak with a licensed counselor.
- 24/7 Library Chat: send a text to 314.207.4747 for assistance from a Librarian.
- Handshake: our career management platform to assist with your employment search.

IN THIS GUIDE:

- Research-backed study strategies
- Tips for virtual learning
- University communication
- Using Zoom
- Virtual resources
- Wellness strategies

Using Zoom

The Zoom platform offers many features to enhance your virtual learning, including:

- Whiteboards for collaboration (click "Share Screen/Content")
- Virtual backgrounds (to hide a messy room or family member behind you)
- Chat with everyone in your meeting, or a specific person
- Schedule a meeting with anyone, including your peers

Research-Backed Study Strategies

Try out a few of these study strategies:

1. Retrieval Practice: practice bringing information to mind. Try quizzing yourself, or have a family member quiz you!
2. Spaced Practice: space out your studying over time. Try the Pomodoro Technique, or create a daily study schedule!
3. Dual Coding: combine words and visuals. Try turning your lecture notes into an infographic or diagram!
4. Interleaving: switch between ideas while you study. Try reviewing content you just learned in a different order!
5. Concrete Examples: use specific examples to understand abstract ideas. Try applying a class topic to a real-life example that you can easily remember!
6. Elaboration: explain and describe ideas with many details. Try writing down questions as you read, or taking a blank document and writing everything you know!

Source: <https://www.learningscientists.org/downloadable-materials>

Stay Up-to-Date & Keep in Touch

Maryville Coronavirus Website:

[Maryville.edu/coronavirus/](https://maryville.edu/coronavirus/)

Contact Us:

lifecoach@maryville.edu



Tips for Virtual Learning

- Identify a designated study space
- Stay engaged in class by asking and answering questions
- Keep a regular routine for class and life, and stick to it!
- Take breaks from screen time to get up and move
- Write out a schedule that includes class, homework, and downtime
- Reach out to your instructor or a peer tutor for help

Your Wellness

Here are some tips for staying well:

- Practice daily gratitude
- Journal
- Read or listen to a new book on OverDrive
- Plan virtual social events, like Taco Tuesday or a watch party
- Maintain normal routines
- Care for your mental health

