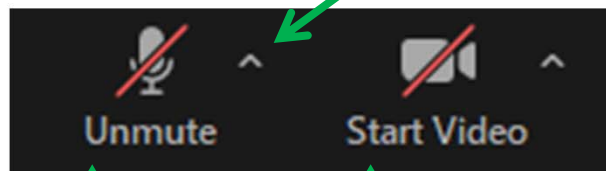


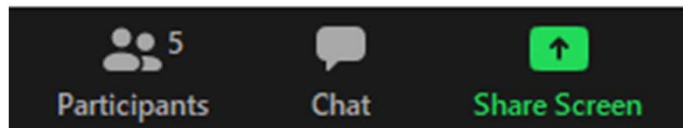
Please do the following as soon as you arrive:



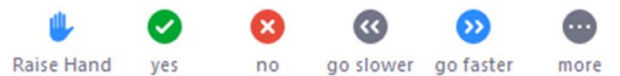
1. Click on the drop-down menu between the mic icon and video (webcam) icon.

Click on **Audio Settings** (very bottom of the menu). A new window will appear. Inside this window, click on each of the blue buttons to check your sound and mic.

2. Make sure that your mic and video icons are clicked off when not in use.



3. Activate the Participants window and Chat window by clicking on their two representative icons.



3. When you know your mic is working please click on the checkmark (yes) in the participant window.



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Strategies for Success in Online Learning

Graduate Programs in Education

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Dr. Bart Lenart, Libraries and Cultural Resources

August 27, 2020

Brief Introductions

Let's get to know each other a bit! Answer via chat:

Which program/specialization are you in?

Introductions

Alicia Adlington, MEd, JD candidate (2023)

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Debunking some myths

- Online classes may be easier.
- I might not feel as engaged.
- It may be more difficult to connect with my instructor and peers.
- I don't have the skills you need in order to learn online.

There's a learning curve, but we're here to help you out with that!

Session outcomes

We hope that, by the end of this session, you will:

- Have a “toolbox” of strategies to draw from to help manage your approach to online learning
- Have a better understanding of how to conduct research using the online library
- Be aware of tools that can help you manage your research and citations
- Understand how APA 7 is applied to your scholarly work

Online learning strategies

- Self-discipline/regulation
- Community building
- Focus on wellness

D2L/Zoom as Learning Tools

D2L is used for asynchronous activities that may include:

- Accessing course content
- Participating in discussions
- Submitting assignments

Zoom is used for real-time synchronous sessions where you may:

- Take in lecture material that your instructor presents
- Present to your fellow students

What does it mean to be a graduate student?

Speaking in general terms:

- You will be critically researching and writing about your field of study on your own (Seligman, 2012).

What does this involve?

- Critical reflection
- Building blocks: building upon existing research, ideas, theories
- Coming up with your own ideas

What does it mean to be a graduate student?



Skills that contribute to success in graduate school according to Brunhofer et al. (2009):

- Examine your value assumptions
- Assume responsibility for your education
- Manage disagreements with others
- Be open to hearing and learning professional values, and reconciling these with your own



How do we learn in graduate school?

According to Holzweiss et al. (2014), online graduate students reported the following as being beneficial to their learning:

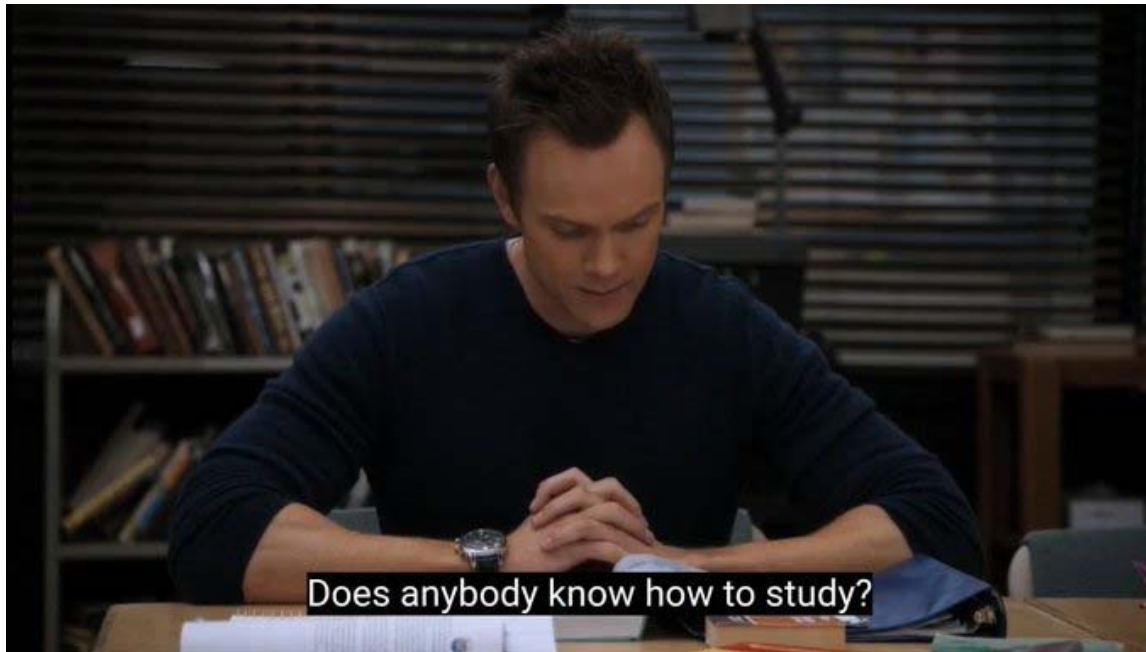
- Individual & social constructivist approaches to knowledge building
- Purposeful opportunities to critically think and reflect upon
- Working through the research process: organizing thoughts, learning from scholarly articles, correctly citing references all contributed to building knowledge

Learning Online

Some key differences:

- Can be very self-directed
- No face-to-face interaction with instructors and peers
- Online meetings may not be as frequent versus on campus classes
- No dedicated physical learning space, i.e. a classroom

How do we do this in an online learning environment?



<https://twitter.com/darkestimeline/status/1248347092256505858>

Key points

1. Self-regulation
2. Community building
3. Focus on wellness

Self-regulated learning

Self-regulation refers to making a conscious effort to manage your own learning (Nilson, 2014). This, speaking in general terms, involves:

- Accountability
- Discipline
- Motivation

... to yourself and others.



Self-regulated learning

You're in charge of your own learning. You got this!

- Thoroughly read your course outline and be aware of your readings, deadlines, etc.
- Access the resources that are available to you and learn how to use them.
- Don't be afraid to take charge in a group situation.
- Communicate with your instructor if life happens.
 - Don't panic if your instructor doesn't respond to you right away!

Self-reflection as a tool for success

York, Yamagata-Lynch, and Smaldino (2016) recommend regular **reflection** as a tool to enhance your learning:



Sample reflection questions from the authors:

- What am I learning this week?
- What is my goal/outcome?
- Did I meet my goal?
- What resources helped me meet my goal? What additional resources would have been helpful?

Time management

Scheduling your time is more important than ever as you balance your studies with, well, life.

How much time can I expect to spend on my studies?

There really isn't a concrete answer. It depends on how you learn, your readings, assignment schedule, etc. Speaking anecdotally:

- 6-12 hours per week in addition to any synchronous sessions.
- Utilise tools such as assignment calculators:
<https://assignmentcalculators.library.ubc.ca/>
- Don't procrastinate... starting tomorrow



Time management

Break this down and schedule your time!

“Just as you would set aside a specific time(s) each week to attend your on-campus class, book specific time(s) in your weekly calendar to attend your online class. Then, set aside additional time to attend to readings and assignments. Tell your family when you are 'attending class' so you can really focus on your learning.”

Dr. Janet Groen, Associate Dean
Graduate Programs in Education



Time management

SU	M	T	W	R	F	S
Readings 2 hours 1 hour in the a.m., 1 in the p.m.	Check D2L & write discussion post 1.5 hours	Off	Zoom session 2 hours	Check D2L & respond to discussion posts 1 hour	Work on literature review 1 hour	Off

- Communicate your schedule to those who interact with you.
- Download a productivity app.
- Schedule your time according to your course outline.

Space management

Create an ideal study space for yourself. Use this space to complete your readings, participate in Zoom sessions, and write.

- Minimize opportunities for distraction and interruptions
- Move around when you can

Community building

Holzweiss et al. (2014) note that online graduate students maximize their learning when they have:

- Regular interaction with their community (accountability)
- Peer relationships and a sense of belonging

How can we build community in the online learning environment?



Community building

- Take or make opportunities to introduce yourself to your peers.
 - Develop your leadership skills, provide support to peers, and foster open communication.
- Participate in synchronous sessions and D2L discussions.
 - Critically read and respond to your peers!
- Look for ways to connect outside of the “classroom”.
 - Zoom parties!!
 - GPESA events
 - Cohort get togethers

Focus on your wellness

- Managing your time can help reduce your stress.
- The relationships that you develop with your peers can provide you with important psychosocial support.

You may still feel overwhelmed in spite of your efforts.
Do not hesitate to reach out and seek support!

Focus on your wellness

Who can help?

- Your personal support network
- Graduate Programs in Education
 - Me!
 - Your Graduate Program Administrator
 - Graduate Program Directors
 - Academic Coordinators
- Faculty of Graduate Studies
- SU Wellness Centre

What else?

- Learn how to read and write, graduate student style
- Familiarize yourself with style guides (APA 7)
- Learn how to conduct research
- Take time to familiarize yourself with D2L/Zoom before classes begin

Questions & Comments

- Any final thoughts?
- Questions?
- Comments?



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Thank you for attending!

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