

Staying on track in an online world

Online Learning Survival Tips

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Welcome to Sabancı University!



Your journey finally led you
here;



But perhaps you are not
«here».

Away from campus, not away from you

Even if you can't be **«always»** be on campus,
you can learn **«all the ways»** to be on campus.

You've waited, wished and kept yourself on track to end up here.





As we're all learning very quickly, learning online is different from traditional learning.



It can feel **harder** to **stay engaged**, especially the longer we stay in **social isolation**.



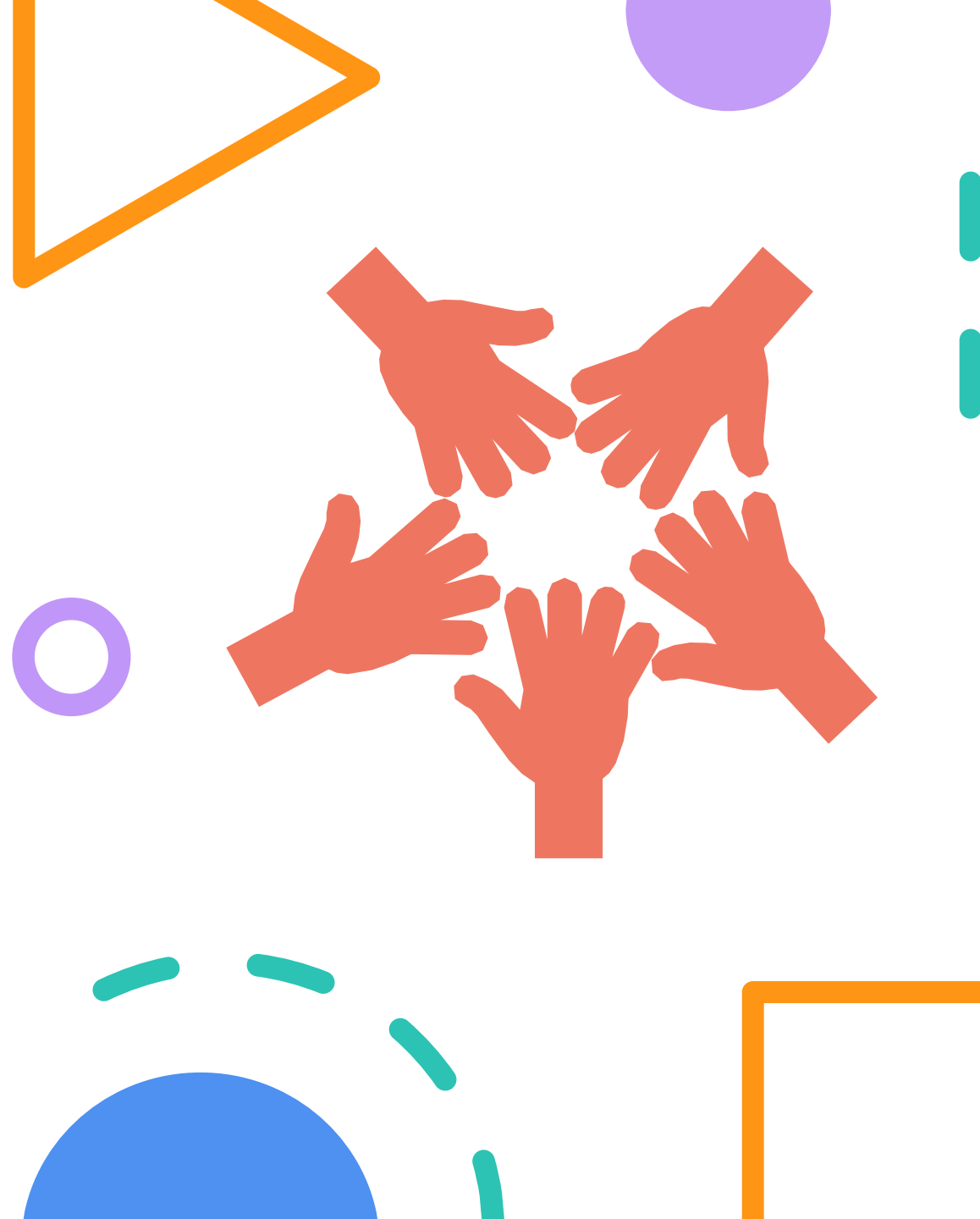
You'll be **surprised** how quickly you can **become accustomed** to the online learning environment.

You are not alone

Pandemic=pan "all"+ dēmos "people"

Everybody is going through the same uncertain times.

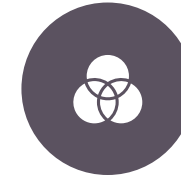
Here in SU, we stick together in such times.



Rule 1: Be open.



An open mind is the key.



Embrace the differences



participate in discussions



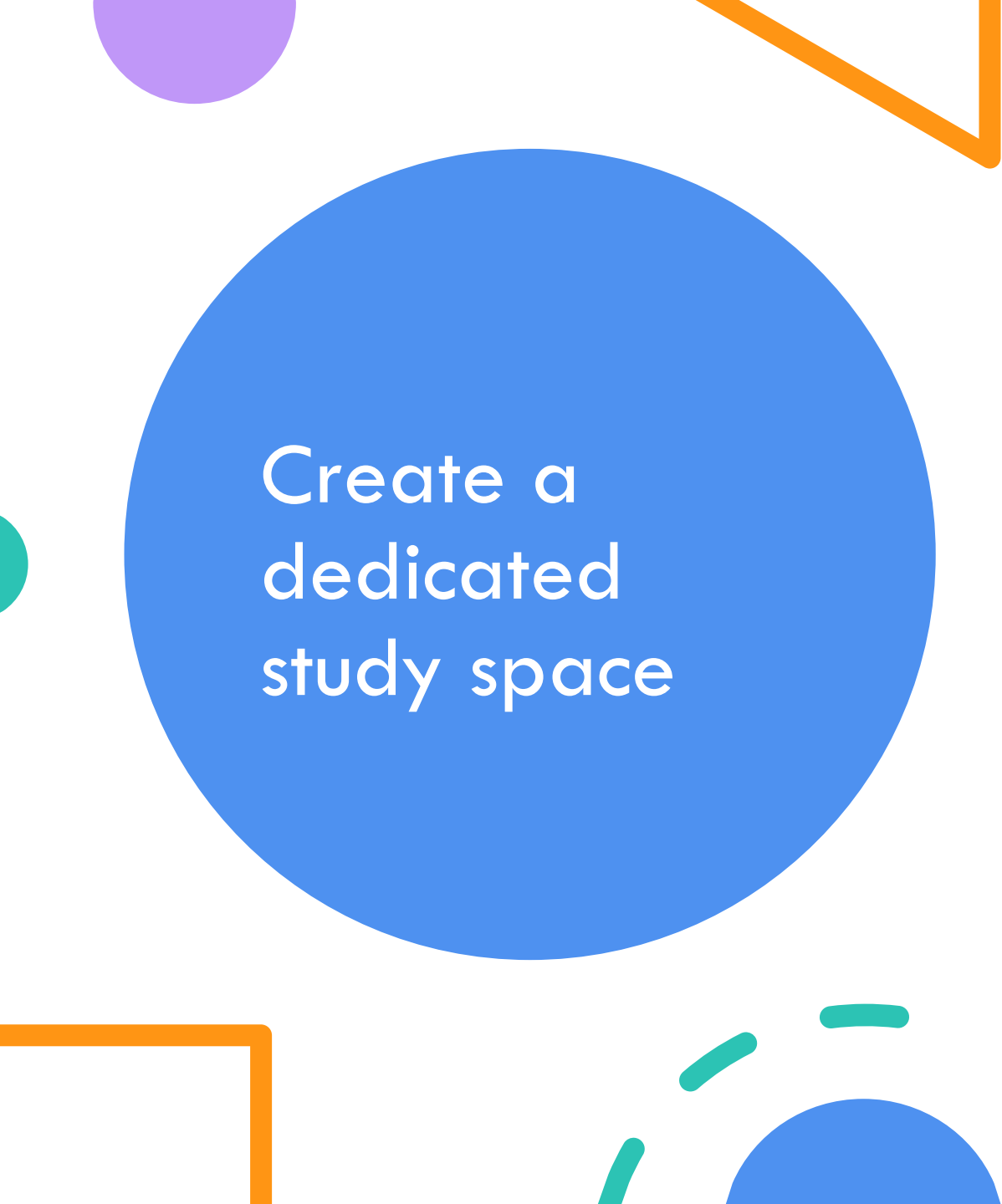
ask questions



reach out to classmates and instructors



and let your personality shine



Create a dedicated study space

- It's easier to recall information if you're **in the same place** where you **first learned it**.
- Having a dedicated space at home to take online courses can make your learning more effective.
- Remove any distractions from the space, and if possible, make it separate from your bed or sofa.
- A clear distinction between where you study and where you take breaks can help you focus.

Log in often

If you're not logging in every day you may miss feedback from faculty, posted grades, announcements, and much more.

So check your ;

- e-mail,
- course website
- and any medium related to your class at least once a day to ensure that you're doing everything that is required.



Set daily goals for studying

Ask yourself..

What do you hope to accomplish in your course each day?

- Setting a clear goal can help you stay motivated and beat procrastination.
- Make sure your goal is specific: "I'll watch all the videos in Module 2 and complete the first programming assignment."
- And don't forget to reward yourself when you make progress towards your goal!





Engage with your
online community.

- You may not be on our campus. The importance of learning **together** does not change even though you are not in the same physical place as your classmates.
- In fact, if there is ever a time to dial-up peer-to-peer interaction, it's now!
- Take extra time to meaningfully respond to your cohorts in discussion forums.
- Reach out to your professor when you are really struggling with a concept instead of sweating about it in isolation.

Plan ahead of time

- Our online courses are rigorous.
- Don't treat them differently than you would a regular class.
- Though online courses are inherently more flexible than traditional face-to-face classes, the time commitment required to succeed is no different.
- You'll need to manage your time well.





Dedicate time to your learning

- Set healthy boundaries for your school time.
- Minimize distractions;
**make sure the TV is off,
your phone is put away (preferably in
another room),
tell your family members, "I'm going to
class," and get in the zone.**
- Schedule break times. Having a 15-minute break every hour can do wonders for your mental health and can help you absorb the material better.

Ask for help



CIAD
COUNSELLORS

bada@sabanciuniv.edu



DIPLOMA AREA
ADVISORS

Check program websites



ACADEMIC
ADVISORS



If you need support regarding:
adaptation to first year
decision making
time management, motivation etc.

Schedule an online appointment with
CIAD Counsellors (BADA Team).

bada@sabanciuniv.edu

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Online
support
services



Online support services

Students with special needs

Contact:

specialneeds@sabanciuniv.edu

Psychotherapy support

Contact:

psychotherapy@sabanciuniv.edu

Psychiatric support

Contact:

healthcenter@sabanciuniv.edu

Finding «all the ways» to be there «always»

We are with you...



When you «take off» for this part of your journey,



We will be there when «land on» the next part.



We are waiting to meet you on campus!