

An illustration of a student sitting at a desk, viewed from behind. The student is wearing a yellow shirt and is looking at a laptop. The laptop screen displays a video conference with several participants. On the desk, there is an open notebook, a pencil, a ruler, and a calendar. The background is a dark blue wall with a large yellow circular light source behind the student.

HOW TO LEARN EFFECTIVELY DURING ONLINE LEARNING?

Online learning has been well known to everyone. Still, not everyone has learned to deal with this situation. For some people, homeschooling doesn't produce positive results. This presentation will explain how to deal with remote learning and how to learn effectively.



ADVANTAGES AND DISADVANTAGES

OF ONLINE LEARNING



ADVANTAGES

- you are not limited by location
- you spend more time with family
- you don't waste time and money commuting to school



DISADVANTAGES

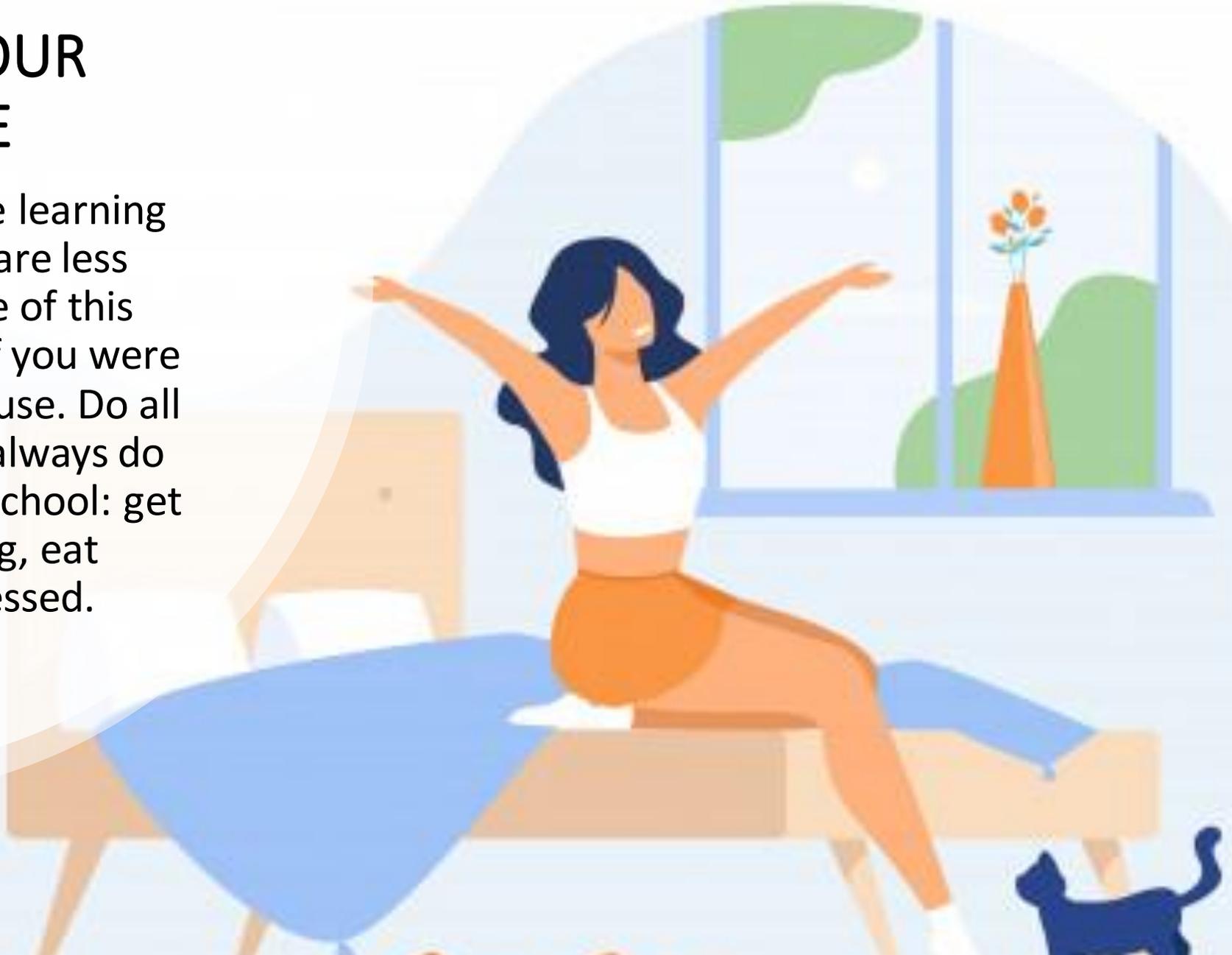
- sometimes you don't have the conditions to study at home
- you go outside less often
- you lack motivation and commitment

TIPS FOR EFFICIENT LEARNING AT HOME



STICK TO YOUR ROUTINE

You can't treat online learning like a holiday. You are less productive because of this attitude. Prepare as if you were going to leave the house. Do all those activities you always do before you leave for school: get up in the morning, eat breakfast, get dressed.



An illustration of a laptop on a desk. The laptop screen shows an online learning interface with a teacher in a yellow sweater pointing to a large open book, and three students in separate video windows. The desk has a yellow pencil holder, a yellow pencil, a blue eraser, and a yellow mug. A large white circular graphic is overlaid on the right side of the image.

DESIGNATE YOUR PLACE TO STUDY

Designate a place where all the things you need to study will be located. Make it comfortable and tidy. This will keep you more focused on your lessons. When you finish school, move to another place so you don't feel like you're at school all the time.

CREATE A TO-DO LIST

Planning some activities is very important. If you write down what you need to do you won't forget it during the day.

Additionally, this will make it easier for you to make time for yourself. Don't plan a long and unrealistic to do-list. Focus on the most important activities.



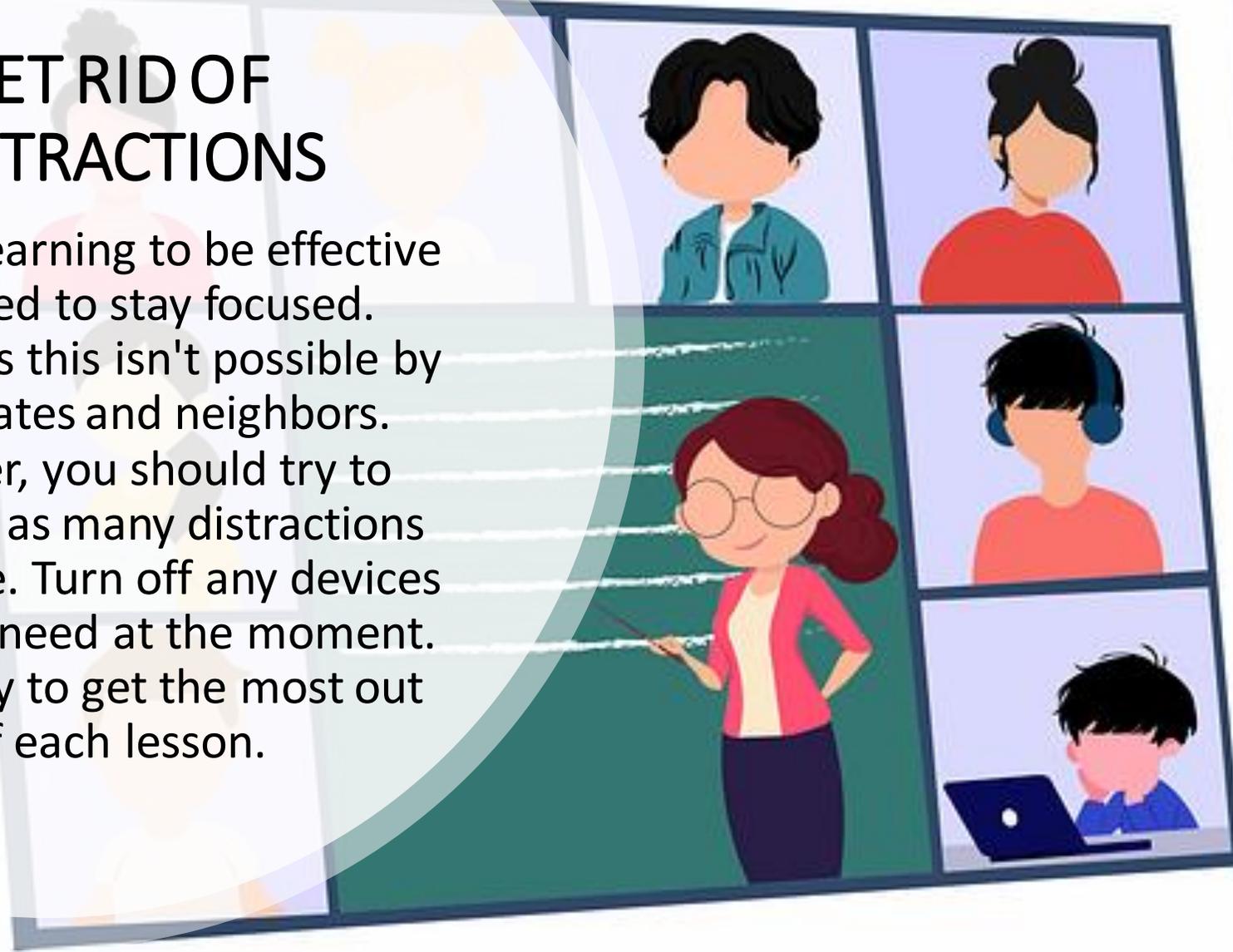


START WITH THE MOST DIFFICULT TASKS

If you have a lot of tasks to do, start with the most difficult ones. In the morning when you are most rested your body works best. It will be easier for you to learn what you don't want the most, knowing that in a moment you will be faced with easier and more pleasant tasks.

GET RID OF DISTRACTIONS

For your learning to be effective you need to stay focused. Sometimes this isn't possible by roommates and neighbors. However, you should try to eliminate as many distractions as possible. Turn off any devices you don't need at the moment. Always try to get the most out of each lesson.



SELF-DISCIPLINE

When you sit at home all day and have so many temptations around you it is hard to get down to studying. In such difficult moments, you must force yourself to do at least some tasks. Everyone would rather lie in bed than wake up early in the morning for class, but you have to remember that it will work out for you later.



BREAKS

Breaks are a very important part of your effective learning. Thanks to them your mind remembers the acquired knowledge better. During your day you must find time for breaks between and after lessons. That way, you won't be overwhelmed with acquiring knowledge all the time.





EAT HEALTHY FOOD

Healthy body, healthy spirit. What you eat has a huge impact on your life, not just how you look. With healthy food, your body works better and it is easier for you to learn. When planning your day, make sure to eat healthy meals.





PHYSICAL ACTIVITY

Sitting for days in a closed room is very tiring and unhealthy. As part of your after-school rest, it's best to go for a walk. This will give you oxygen and rest from constant studying. After a walk, you will feel better and be more motivated to complete tasks.

An illustration of a woman with long dark hair, wearing a blue top, sitting at a desk. She has her hand to her chin in a thinking pose. On the desk is a teal potted plant with pink and purple leaves. In the background, there is a computer monitor and a tablet. The scene is set against a light blue background with abstract shapes.

USE ADDITIONAL SOURCES OF KNOWLEDGE

Sometimes lessons are not enough to understand a topic so it is best to use additional sources of knowledge. You can look for answers to your questions on proven sites or watch a YouTube video. If that's not enough, it's worth getting help from other people. You can ask a classmate for help or get tutoring.

Only the basic elements of effective learning are included in the presentation. You must remember that the most important thing is to keep working on yourself. If you develop good habits now it will be easier for you in the future.

THE END

Thank you for your attention.

Amelia Tymińska 2tw

SOURCES:

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