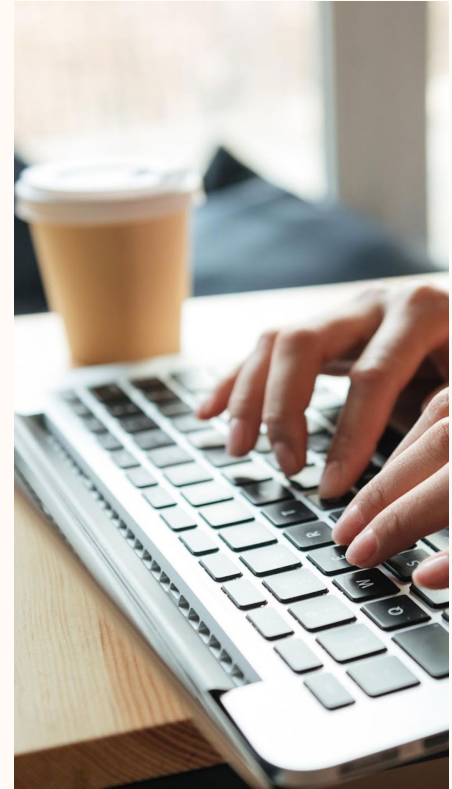# MyLearningCoach

Learning Strategies for Online Learning

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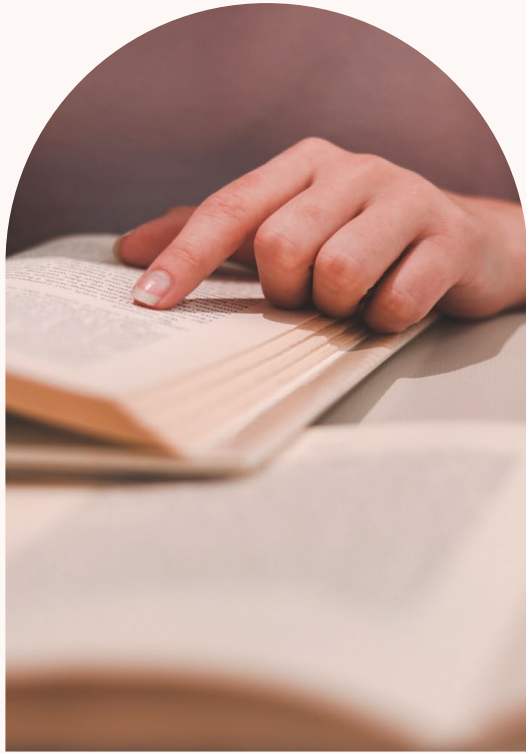
Educational Psychologist

Advocate

Mom

Teacher

ADHD

Anxiety

Learning Disability

Learner

Series Overview

- **Session #1: Self-Management (self-efficacy, self-analysis and goal-setting)**

- Session #2: Time Management and Organization

- Session #3: Test Preparation and Performance

- Session #4: Note- Taking Strategies

- Session #5: Reading Strategies

- Session #6: Writing and Communication Strategies

What does Research say?

Self-Regulation Skills and the Post-Secondary Distance Learner (Chimiliar, 2011)

- Self-Regulation is the self-directed process where **learners are able to transform their cognitive abilities into academic skills.**

- This process involves the use of **learning strategies** to support the learner to develop a variety of essential self-regulation skills.

Self- Regulation = Initiative + Intrinsic Motivation + Personal Responsibility
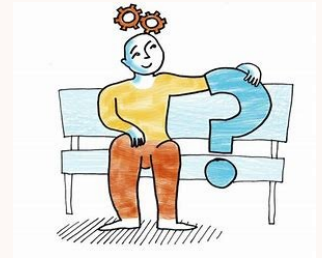
Students who experience the most success in an online learning environment have strong self-regulation skills (Chmiliar, 2011).

Session #1: Self-Management
(self-efficacy, self-analysis and goal-setting)

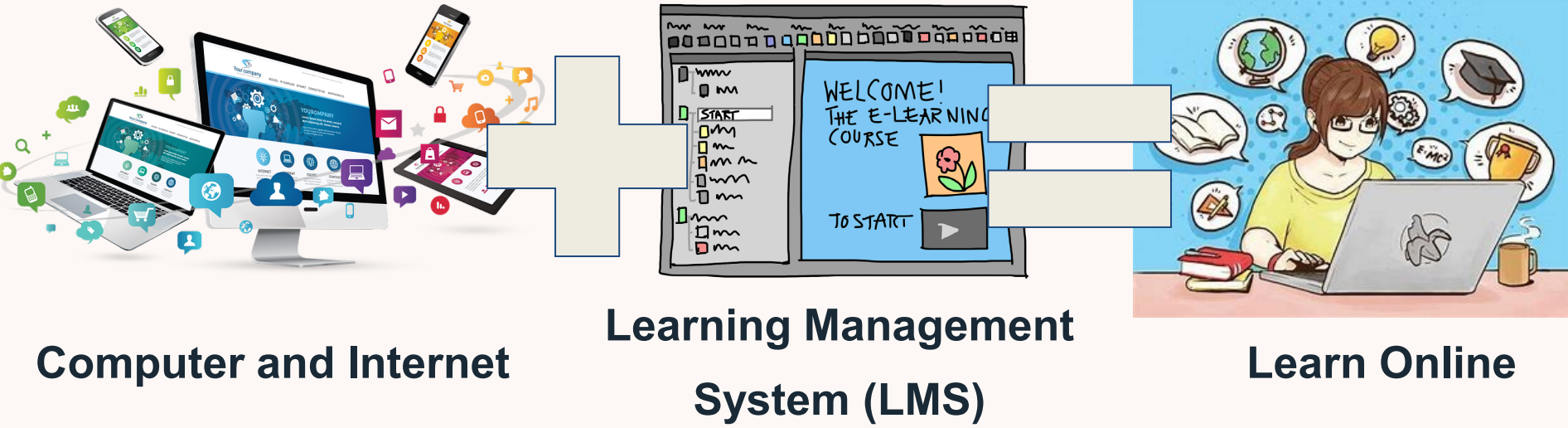**Self-Efficacy**: one's confidence in their ability to accomplish a task

Self-Analysis: a reflection and understanding of one's strengths and weaknesses

Goal-Setting: the process of establishing an outcome (goal) to serve as the aim of one's actions (Locke & Latham, 2020)

1. Self- Efficacy:

One's confidence in their ability to accomplish a certain task (Bandura, 1986).

Computer and Internet

Learning Management System (LMS)

Learn Online

Computer Self-Efficacy

- Confidence to use computers/devices

  - Installing programs/tools (printers, Microsoft office etc)

  - Formatting documents

  - Electronic file storage (knowing where to find information on your computer)

  - Remembering login passwords (student aid, My AU, email etc)

Teacher Tip: Figure out your technology BEFORE the term starts. Find a trusted techy friend/relative or repair person to assist with stubborn tech problems. We want to avoid the stress these situations cause. Proactivity is huge!

Internet Self-Efficacy

- Confidence to use the Internet

  - Search for Information (online research databases)

  - Access University library/resources (Write Site etc)

  - Access to Email

 - Access to Digital Files(Google Docs, OneDrive etc)

Teacher Tip: Become familiar with the University online resources BEFORE the term starts. Make sure you know how to access your email, Google Docs/OneDrive, and navigate the Library resources.

Learning Management System (LMS) Self- Efficacy

- Student's ability to navigate LMS (Moodle)

  - Access course information

  - Interact with online resources

  - Participate in online discussions

  - Contact instructors and tutors

  - Submit assignments, book exams etc

  - Request transcripts, course extensions etc
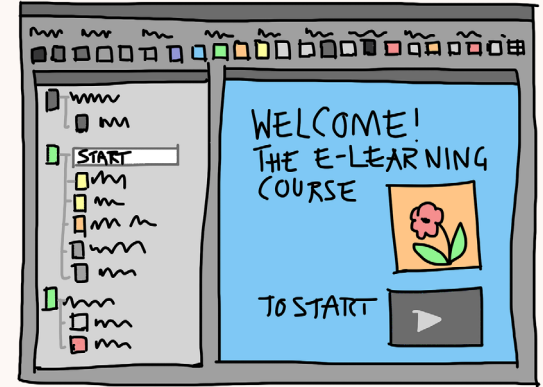
Teacher Tip: Survey the Learning Management System (LMS) BEFORE the course contract starts.

Self-Efficacy to Learn Online

- A student may feel confident in their ability to utilize technology in an online course (computer, internet and LMS) BUT these technology aspects might not capture a student's reason for taking an online class/course/program

- Self-efficacy to learn online captures how confident students are in their ability to learn in an online, asynchronous environment in the absence of both peers and the instructor

2. Self-Analysis

Engage in Self-Reflection

Ask Yourself…

- Do you need social and academic interaction with peers?

- Do you need to interact with instructors and tutors?

- Does online learning align with your learning preference and/or needs?

    - (attention/focus, time commitment, study space?)

Teacher Tip: Online Learning doesn't have to be the perfect fit. Be Aware of your needs and secure the necessary supports BEFORE you start your studies!

Ways to Reflect

Meditate

Pray

Journal

Chat with a friend

Review past successes

Review past challenges

Examine Priorities

Set Goals

My Learning Self-Reflection

My Learning Coach

HOW DO I LEARN BEST?

WHAT SUPPORTS AND/OR RESOURCES WOULD HELP ME SUCCEED?

WHAT IS MY MOTIVATION TO LEARN?

WHAT DOES SUCCESS LOOK LIKE FOR ME?

3. Goal Setting

- There are many ways to engage with Goal Setting.

- Choose a format to record your goals that works for you!

My SMART Goals

MyLearning Coach

Setting realistic and achievable outcomes.

My goal is:

I want to do better in school.

I will work on improving my grade in Psychology this term

SPECIFIC	What do I want to happen?	*To improve my GPA so I can attend Grad School*
MEASUREABLE	How will I know when I have achieved my goal?	*I will earn a B or better on my PSYC 290 midterm*
ATTAINABLE	Is the goal realistic and how will I accomplish it?	*I will meet with my PSYC tutor /study partner every week to improve my understanding of concepts*
RELEVANT	Why is my goal important to me?	*I want to be a Psychologist. Increasing my grade will allow me to apply to Grad School*
TIMELY	What is my deadline for this goal?	*The semester is 4 months long. I have time to meet with my Tutor/Study Partner*

My Goal Setting

MyLearning Coach

MY LONG TERM GOAL IS:

Complete Psych 290 with a B

Break down your goal into short term goals:

Short Term Goal 1	Short Term Goal 2	Short Term Goal 3
Improve my academic writing	Be more prepared for exams	*Submit all assignments on time*

Action Steps:
- ○ *work with strategist on writing tasks*
- ○ *have a classmate edit my assignments*
- ○ *use Essay Jack to organize writing*
- ○ *Connect with Write Site*

Action Steps:
- ○ *work with strategist to learn study strats*
- ○ *use flash cards to learn vocab*
- ○ *create detailed chapter notes*
- ○ *create a study schedule*

Action Steps:
- ○ *create a Term at a Glance Document*
- ○ *Update Weekly To do List every Sunday*
- ○ *Start assignments Early*
- ○ *Create reasonable due dates for myself*

Sample Goal Setting Template

- Long Term Goals should include smaller Short Term Goals that serve as steps to reach the main goal

Sample Goal Setting Template

- Identify potential barriers and Solutions to achieving goals

Goal Setting

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My Long Term Goals is:

To pass PSYC 290 with an A

My Target Date is:

End of term (Dec 2022)

Steps to Reach my Goal:

1. *Create Term at a Glance Document and update weekly*
2. *Complete all assigned readings each week (by Friday)*
3. *Complete all practice quizzes before each exam*
4. *Work with Learning Strategist on Study Strategies*

Potential Barriers	Potential Solutions
1. *Procrastination on tasks* 2. *Writing Papers is difficult for me*	1. *Keep Term at a Glance and Weekly to Do List updated* 2. *Access AU'sWrite Site support*

Progress Tracker

Date	Progress
Sept	*Complete Term at a Glance Document and Weekly To Do List*
Oct	*Reach out to Write Site staff for paper writing support*

Sample Goal Setting Strategy

- Keep your Goals VISIBLE
  - sticky notes on mirror
  - desktop background
  - record in your agenda

Evaluate Your Goals- Reflection

- Was the goal specific?
- Was the goal realistic?
- Did I access the proper resources/support to achieve the goal?
- Was I accountable to myself in the process?
- What worked well?
- What do I need to adjust so I can achieve my goal?

Teacher Tip: Keep a reflection journal as you progress throughout your studies. Include work samples, journal entries, etc to help you track progress

Session #1: Self-Management Take-Away Task

- Self- Efficacy
  - Ensure familiarity with computer, internet (LMS)
    - Moodle
    - AU website/services (library, write site, accessibility office etc)
- Self- Analysis
  - Engage in Reflection
    - (journal, doodle, reflect, use a provided template)
- Goal-Setting
  - Create some Goals
    - Utilize provided Goal Setting Templates

Question Time?!

My Learning Self-Reflection

MyLearning Coach

HOW DO I LEARN BEST?

WHAT SUPPORTS AND/OR RESOURCES WOULD HELP ME SUCCEED?

WHAT IS MY MOTIVATION TO LEARN?

WHAT DOES SUCCESS LOOK LIKE FOR ME?

My SMART Goals

Setting realistic and achievable outcomes.

My goal is:

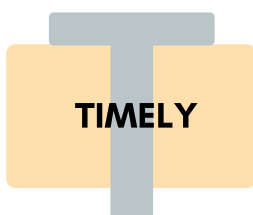**S** SPECIFIC | What do I want to happen? |

M MEASUREABLE | How will I know when I have achieved my goal? |

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R RELEVANT | Why is my goal important to me? |

T TIMELY | What is my deadline for this goal? |

MyLearning Coach

My Goal Setting

MyLearning
Coach

MY LONG TERM GOAL IS:

↓

Break down your goal into short term goals:

Short Term Goal 1	Short Term Goal 2	Short Term Goal 3

↓ ↓ ↓

Action Steps: Action Steps: Action Steps:

○ _____ ○ _____ ○ _____

○ _____ ○ _____ ○ _____

○ _____ ○ _____ ○ _____

○ _____ ○ _____ ○ _____

Goal Setting

MyLearning Coach

My Long Term Goals is:

My Target Date is:

Steps to Reach my Goal:

Potential Barriers

Potential Solutions

Progress Tracker

Date	Progress