

## Tips for remote learning - Centre for Irish Studies, NUI Galway

*Many thanks to our MA and PhD Scholars at the Centre for Irish Studies who shared great suggestions that will be of help to us all this year. Míle buíochas!*



### Getting ready for learning remotely:

- Create a study area at home if you can - set up the best work space that you can where you will log in to attend your classes online each week
- Try to ensure that your laptop is set at a good level for typing and viewing material and that you are sitting with some back support where possible (small pillows/cushions are handy for back support!)
- Plan your week - set up a weekly timetable and routine for reading course material and for logging on for live sessions
- Take regular breaks - take screen breaks when you can – make a cup of tea, stretch your back and shoulders before and after sessions, go for a 10 minute walk between classes
- Take into account the effect of blue screens, and consider using screen filters where appropriate especially in the evening time on phones and laptops
- Headphones can be helpful for many people, firstly to help focus on the live teaching session, and also secondly to help with any issues from laptop speakers which can create noise sensitivities for some.

### **During Live Class Sessions: (synchronous teaching time)**

- Make sure your phone is on silent before you log into your online class
- Make sure you're muted when not talking (helps avoid reverb/feedback online)
- Be yourself and respect others
- Think before you write on webchat if you are using that function
- Check with your lecturer to see how you can ask a question if you wish to ask a question live (e.g. 'chat' or 'raise hand' functions are used on Blackboard)
- Keep in touch with your course lecturers – they want to know how you are getting on, and how they can help troubleshoot if you encounter any difficulties
- Think about how you learn best, and how you can make a good study routine work for you
- Reach out if you encounter a bump on the road - remember that you're not on your own, and that everyone (staff and students) will encounter difficulties of one sort or another this semester. Some of us have wobbly wifi, microphones that don't work well, cameras that won't go on/off, or have to share laptops/broadband access with others. We understand this, and will do our best to make things as accessible as possible as much as we can.

### **Other top tips for this winter!**

- Friends and fresh air! It's really important to make time to chat with your friends throughout the week, and to get some fresh air outdoors if you can daily.
- Find new ways to stay social. It'll take a bit more work this year to keep up old friendships, and you'll have to be a little more inventive to make new friends, but think of the old fashioned things like making regular 'phonecalls' (!?!) or facetime chats to stay in touch, and writing a card or a note to a friend every now and then. Great for the soul...for everyone...
- This is a really good year to get a good winter coat (early Christmas present maybe?) and walking shoes to help get that fresh air in to help clear your head after a lot of MA screentime
- This is the year to try that outdoor activity you've been putting off for a while – taking more regular walks perhaps, or hiking, sea swimming, outdoor yoga, tennis, running...whatever floats your boat – this is the year to go for it!
- Instead of meeting a friend for coffee indoors/out in a patio area, why not grab a take out coffee and get a walk in as well at the same time? It allows café owners to free up much needed space to get more customers, and you get some gentle exercise in with a friend too. Win win!