

How to be a Successful Online Learner

Steve Joordens & Nick Khabaz

University of Toronto Scarborough

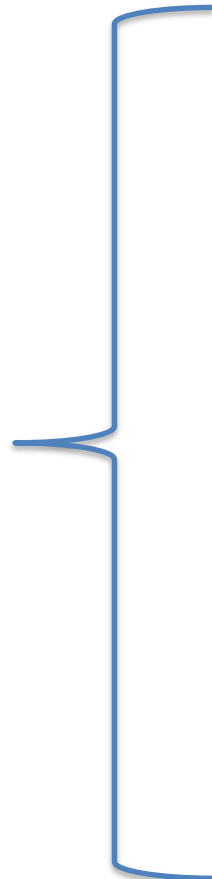
Our Plan

”

WHO ARE THESE GUYS
ANYWAY?



THE THREE KEYS TO
EFFECTIVE LEARNING?



WHAT CAN I DO TO
MINIMIZE
PROCRASTINATION?



HOW DO I EFFECTIVELY
MANAGE
DISTRACTIONS?



HOW DO I BEST ENJOY
MY "DOWN TIME"?



**WHO ARE THESE GUYS
ANYWAY?**

Steve Joordens

Professor of Psychology

Teaches online and traditional courses at the University of Toronto Scarborough and also has taught two Massive Open Online Courses (MOOCs) on Coursera.org

Director ALT Lab

His research is focused on building and assessing educational technologies that provide deep and “human” learning experience the develop skills while deepening learning



Nick Khabaz



Third Year Undergraduate at University of Toronto

Double Major in Neuroscience & Immunology,
Molecular Biology and Disease

Active Student Leader both on and off campus

Made history by being the first ever 2nd year to be awarded Master of Ceremonies at FROSH 2019. As well as was the first ever 1st year to be awarded a position at the Department of Student Life as a Community Engagement Liaison

Himself as well as other students give one-on-one and group conference calls to incoming students to help make their transition to post-secondary easier

”



THE THREE KEYS TO EFFECTIVE LEARNING?

Engagement

Learning is easy when
you are engaged

To the extent you are able,
choose courses you are
interested in

Use external sources (YouTube) to
catch the engagement of others!
Find a geek, be like the geek!!

Learn a bit about the course from
previous offerings, what do past
students say?

Learn about the prof and, when
possible, watch them
teach





The Number 1 predictor of how much students enjoy their online learning experience is “Instructor Presence”. Instructors with a high presence “are there, and care”

Kaur & Joordens, 2020



Search Results for "university of Toronto Scarborough"

Don't see the professor or school you're looking for?
[Add a professor](#) or [add a school](#).

Showing 1-20 of 813 results

1 2 3 4 5 6 7 8 9 10 .. 41 | [NEXT](#)

Filter these results by ...

- Professors
- Schools

Audiobooks from Audible
Try Now

CATEGORY	NAME
PROFESSOR	Joordens, Steve UNIVERSITY OF TORONTO AT SCARBOROUGH, PSYCHOLOGY
PROFESSOR	Zakzanis, Konstantine UNIVERSITY OF TORONTO AT SCARBOROUGH, PSYCHOLOGY

Rate my professor.com

SCSU anti calendar

Current Anticalendar
Previous Year Anticalendar

Anti-calendar Archive

- 2010 - 2011 Anti-Calendar (pdf)
- 2009 - 2010 Anti-Calendar (pdf)
- 2006 - 2007 Anti-Calendar (pdf)
- 2001 - 2006 Anti-Calendar

SCSU Main site | SCSU Anti Calendar
© Copyright 2012 SCSU - All Rights Reserved

Anti Calendars

Just search their name on YouTube and you may find lectures

Depth of Processing

The deeper you think about the things you are learning, the better you'll retain them

Depth = Forming connections between new learning and things you already know

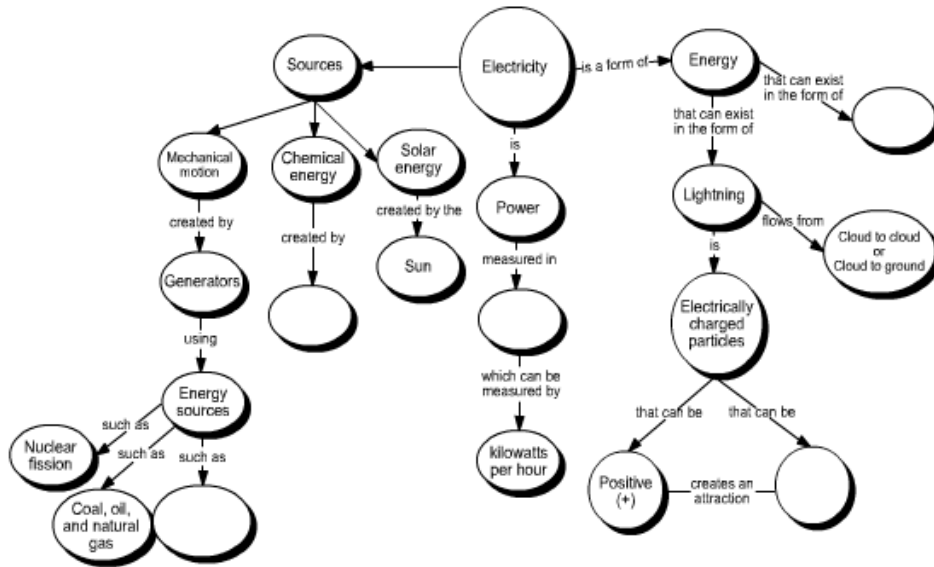
List 1

YARD
PINK
TELEPHONE
PILOT
ELEPHANT
WATER
VIOLIN
GARBAGE
RUNNER
QUEEN
HILLSIDE

List 2

CLAM
FLYING
BULLET
COFFEE
MICROPHONE
PAPER
YELLOW
SNEAKER
DRESS
BRIDGE
POOL





Question 12

10 points

The examination of everyday human social interactions on a small scale describes:

- A functionalism
- B macrosociology
- C cultural anthropology
- D microsociology

Learn to Create Concept Maps

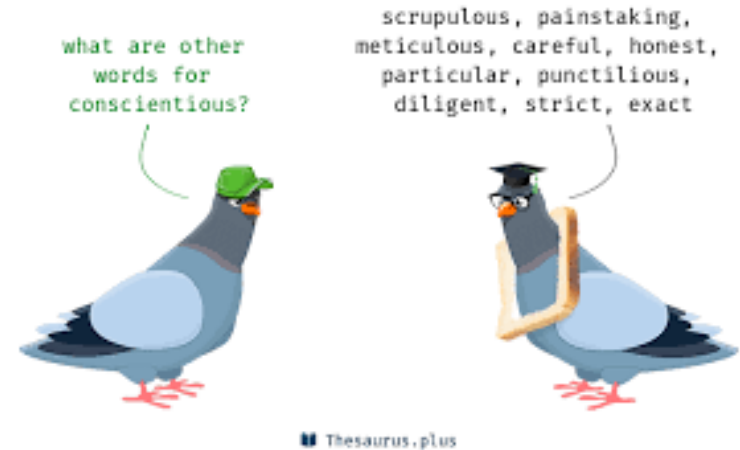
<https://www.youtube.com/watch?v=8XGQGhli0I0>

Create your own MC questions



Organize Your Learning

- Know what you should be learning when
- Know what you should read or watch prior to each lecture
- Know when all due dates are for various activities



Manage Your Time

- Use notifications or other means (notes on the fridge door) to keep up with your learning voyage
- Never miss a due date! Lost grades are wasted opportunities
- Begin activities well before they are due to give you time to “stew”



So to perform well all you need is ...

1. To take courses you find interesting ... that is, **engaging**
2. When you're learning, learn at the **deepest level** possible
3. Go about your learning in a professional "**conscientious**" way

Easy, right?



**WHAT CAN I DO TO
MINIMIZE
PROCRASTINATION?**


procrastination

(noun)

The action of ruining your life
for no apparent reason.



<https://www.readunwritten.com/2018/09/07/5-ways-stop-procrastinating-zeigarnik-effect/>



The Zeigarnik Effect

Our minds quickly forget finished tasks. However, they are programmed to continually interrupt us with reminders of unfinished tasks. These intrusions constitute the Zeigarnik effect.

Dr. Bluma Zeigarnik, 1927



Just do one thing

With **procrastination**, the first step never gets done. You keep putting it off. To put the Zeigarnik Effect into action, *all you need to do is make the first step*. All it takes is sitting down and making a plan, writing a sentence, or opening a book.

Once you have started a task, you will crave closure. Finding the motivation to do so may be difficult, but making the conscious decision to start will make finishing the task impossible to avoid.



Create strategic breaks

Plan a study session with proper breaks, but **don't finish the task before you leave it**. Give yourself a question left unanswered and you will want to come back to it. If you take a break on a completed section, the danger is that you will have enough closure to lose motivation to complete the rest.

Set goals and keep them a secret

We experience a small increase in dopamine when we tell people about our goals. This can actually be a **bad thing**. This is because, when we vocalize our goals, we feel as though we have accomplished something.

We may not realize it, but we feel as though we have taken steps towards completing it when we really haven't. This false sense of accomplishment reduces the motivation we have to see it through.



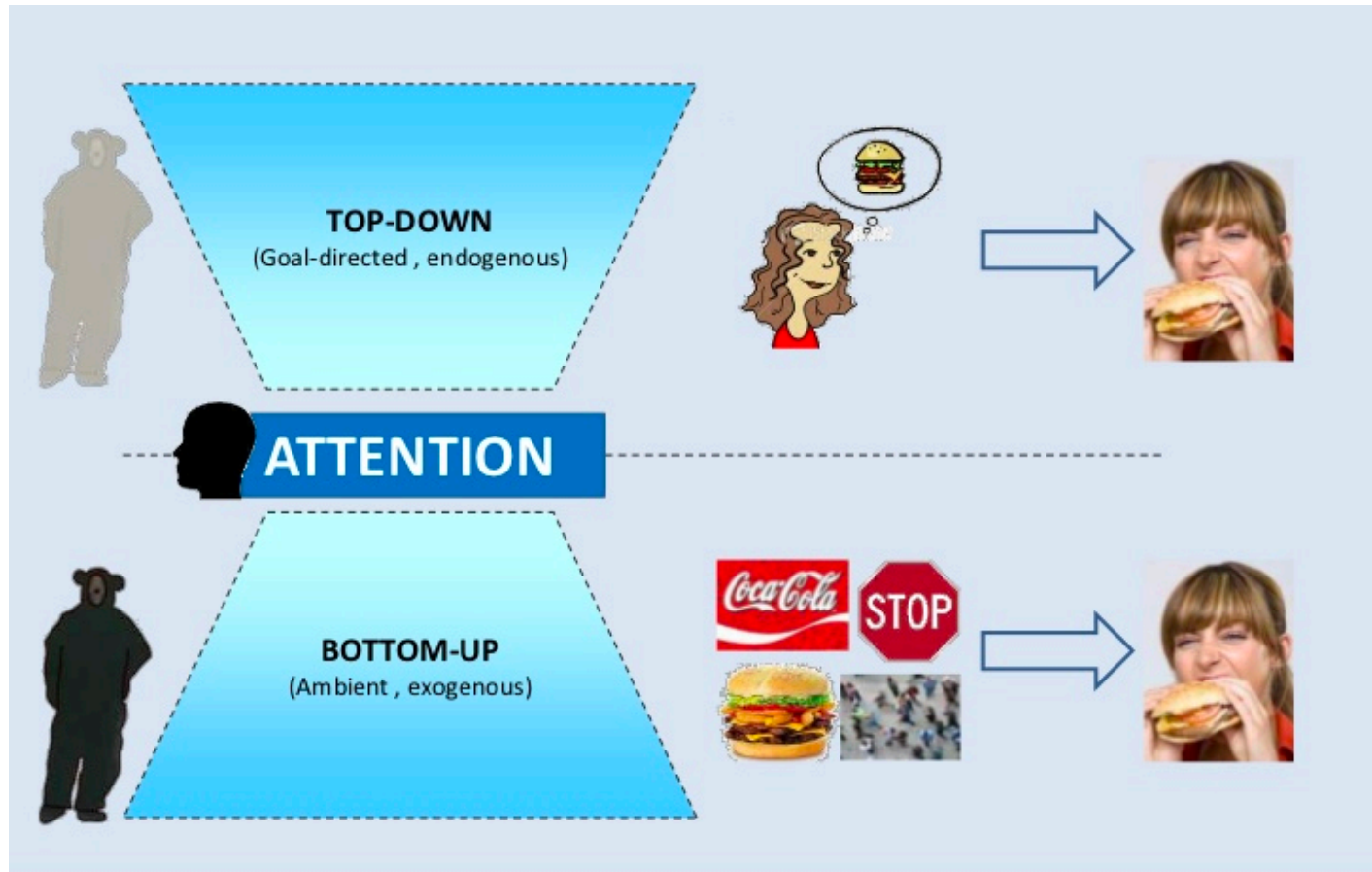


HOW DO I EFFECTIVELY MANAGE DISTRACTIONS?

Mind Your Monkey!

Come to recognize your Instant Gratification Monkey and commit to controlling it!

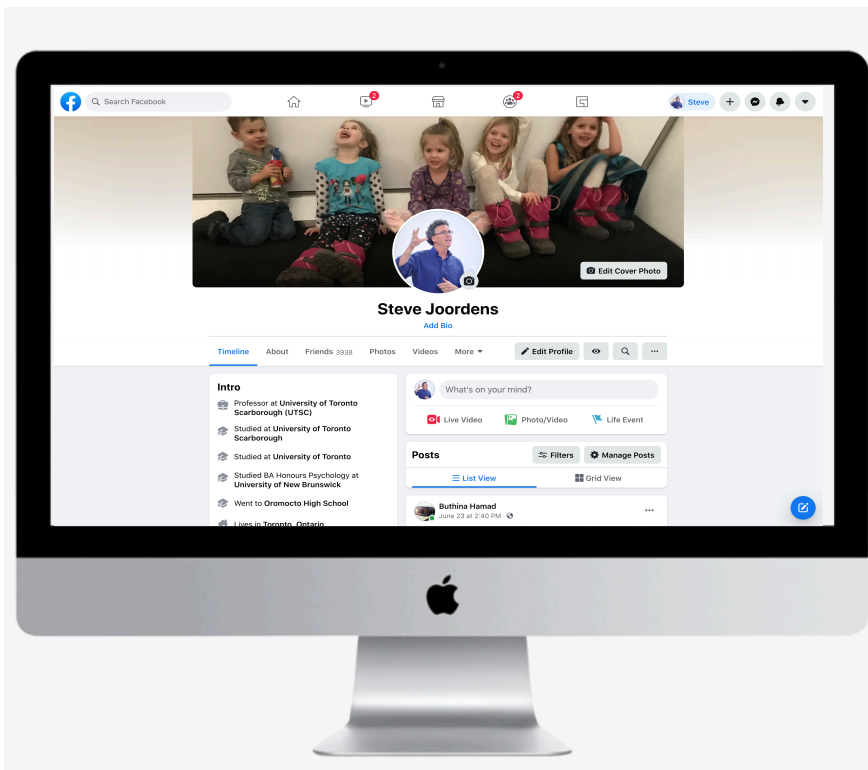




Top-down vs. bottom-up attention



Let's talk for a moment about your internet addiction ...



Create an area you use ONLY for learning

DO NOT bring your cellphone with you when you are in your learning space

DO NOT allow text messages on your computer and DO NOT open any social media

If necessary, use noise cancelling headphones to provide mental peace and avoid your attention being pulled away

Just start learning (Zeigarnik Effect) before your instant gratification monkey starts reaching for your attention.



<https://collegeinfo geek.com/create-study-space/>





Beware the Crossroads

Should you be offered or become aware of ways to get access to assessment materials in advance ... relying on them amounts to trading your learning for "easy grades", essentially denying yourself the knowledge and skills you are taking these course to obtain



**HOW DO I BEST ENJOY
MY “DOWN TIME”?**

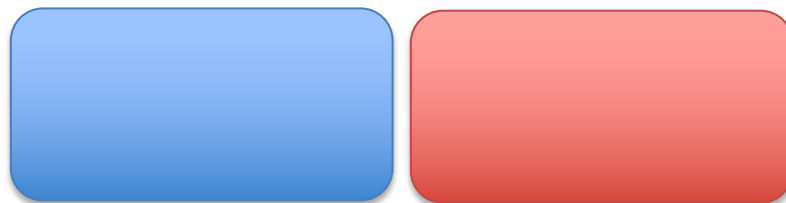
Responsibilities

Enjoyments

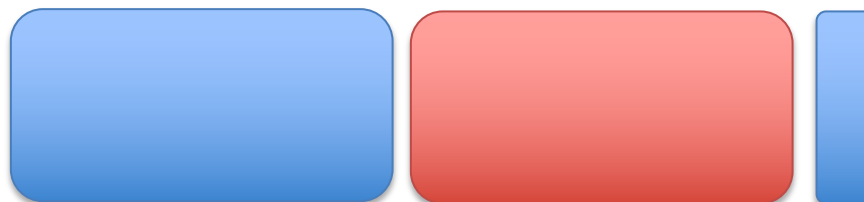
The Temptation



Better



Best



Thank You!
😊

Contact Us:

Steve Joordens

Steve.Joordens@utoronto.ca

Nick Khabaz

nick.khabaz@mail.utoronto.ca