Succeeding as an Online Student &
Accessing Support in the Learning Commons

As you navigate the changes in your life that have come about because of COVID-19, be assured that TWU cares about you and so does the staff at the Learning Commons. We are here to help you! Here are a few suggestions ...

Accept the Change: Remind yourself that your professors and instructors are also adjusting as they move from on-campus to online course work because they want you to finish the semester well. Be flexible and open to trying new kinds of assignments and be patient with technology. Accepting the change will decrease your stress level and allow you to work better.

Stay Connected: Be sure that you have your professor/instructor’s email address and contact information; it should be listed on each Course Syllabus. Each day, log onto Moodle or other professor-given websites and read new postings thoughtfully. Check your TWU email and read the emails from your professors carefully. Add dates of new assignments and exams onto your Semester Calendar; be sure that you understand whether new assignments are extra ones or are replacing old assignments. Use our downloadable templates to revise your semester assignment calendar:


Refine Your Schedule: Maintaining a similar routine to the one that you have had for the past eleven weeks of the semester will give you a sense of familiarity and should decrease stress. Refine your schedule by adding in a few online study groups. Reach out to a few classmates to see if they would like to form a weekly group-chat; set a day and time to meet online to discuss and quiz each other on new material. Building in regular online group sessions will help you feel connected to your classmates and help you engage with the course material. Use our downloadable templates to refine your schedule:


Check Your Laptop/Device: Do you have strong Wi-Fi in your new study space? Do you know how to enter “Discussions” in Moodle or on other professor-chosen sites? If not, practise with a classmate. Are any of the discussions live? Practise adjusting your computer’s microphone and
speaker volume levels. As you do course work and assignments, save a copy of everything; we really do mean EVERYTHING. :)

**Set Reasonable Goals:** You may find that the online work requires more reading and writing than it did when you were in class. Estimate how much time each task or assignment will take (for example 4 hours) and then set aside 1.5-2 times as much (6-8 hours). Divide up projects into steps and estimate how much time each step will take. Then schedule each step in a way that you can finish the project 3-5 days early and have time to submit your assignment to the Writing Centre and WriteAway [https://writeaway.ca/](https://writeaway.ca/) for feedback.

**Avoid Procrastination:** Be aware that procrastination can easily develop; schedule appropriate breaks to help you stay focused. Set boundaries with friends and family to help you prioritize your online coursework.

**Take Care of Yourself:** Continue to rest, eat well and exercise. This is a stressful time and taking care of yourself will help you stay healthy and enable you to focus on your course work.

**Reach Out:** The Learning Commons staff are prepared to meet with you online for support. You can email any of us to book on online chat through Zoom, the Learning Commons appointment booking system or connect by phone.

**Writing Centre** - The Writing Centre remains open. All appointments will be live and online. Book your appointment here: [https://www.twu.ca/writing-centre/appointment-booking](https://www.twu.ca/writing-centre/appointment-booking). At the day/ time of the appointment, log back into the site and click on your appointment box to enter the online session.

- For more information, visit [https://create.twu.ca/learningcommons/appointment-booking/graduate-online-appointments/](https://create.twu.ca/learningcommons/appointment-booking/graduate-online-appointments/)
- Friday Studio Day drop-in appointments are now scheduled appointments on the Writing Centre calendar.
- WriteAway.ca, online writing feedback, is also available for undergraduate students. To ask questions, please email writingcentre@twu.ca

**Math, Stats & Physics Tutoring** -

- Sign up for your FREE online video/ audio tutoring session: [https://www1.twu.ca/writingcentre](https://www1.twu.ca/writingcentre). Yes, you can do this online!

**Centre for Accessible Learning** -

No face-to-face exams will be proctored at the Centre for Accessible Learning for the foreseeable future. All exams will be completed online. Your instructor will be communicating with you and will design accessible exams and/or provide your exam accommodations.
• If you have any questions, please contact Laura Brown or Marlene Friesen accessibility@twu.ca.

Success Coaching -

* Visit [https://www1.twu.ca/writingcentre](https://www1.twu.ca/writingcentre) to book an online appointment with a Success Coach.

Academic Advising - remains open and ready to assist you!

- All advising sessions with Sheril and Colleen will be held online through Zoom. You also have the option of emailing questions to Sheril (sheril.morgan@twu.ca) or Colleen (Colleen.Hansen@twu.ca). If you would like to meet in real-time through Zoom, book your appointment through WCOnline with any of the advisors as usual. They will send you a Zoom link just before the meeting time.
- Problems with course registration? Contact the Office of the Registrar by putting in a Help Desk request ([www.twu.ca/help](http://www.twu.ca/help)) or by calling 604.513.2070.
- For more information about booking online, check out this video: [https://twu.hubs.vidyard.com/watch/snqiPWxMiuyGtAsw5wJtZ](https://twu.hubs.vidyard.com/watch/snqiPWxMiuyGtAsw5wJtZ)

Career and Professional Development -

- Visit [https://www1.twu.ca/writingcentre](https://www1.twu.ca/writingcentre) to book an online appointment with a Career and Professional Development Counsellor or a resume coach. To access our online resources, including assessments, please visit our website at: [https://www.twu.ca/career-professional-development/students](https://www.twu.ca/career-professional-development/students)

Other Resources -

- Check the Library & Learning Commons’ hours: [https://www.twu.ca/library](https://www.twu.ca/library)
- Find other resources: [https://www.twu.ca/students/current-students](https://www.twu.ca/students/current-students)

Finally, we want you to know that we are here to encourage and support you as you move through these last few weeks of the semester successfully. We are praying for you and above all … “Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” – John 14:27

You’ve got this!