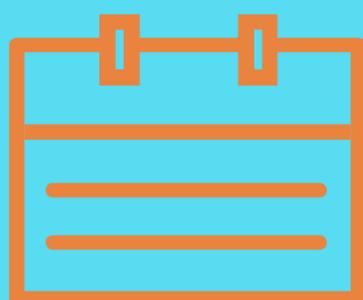


How to do well in Online Learning

HERE ARE 7 WAYS TO BECOME A SUCCESSFUL OFF-CAMPUS STUDENT

1.) CREATE A TIME MANAGEMENT PLAN



that works for you, and stick to it! Scheduling regular time for specific course tasks (e.g. readings, assessments) can be helpful and avoid 'falling behind'. Be realistic. Study calendars are recommended tools and freely available.

2.) ENGAGE IN CLASSROOM AND FORUM DISCUSSIONS

as much as possible. Whilst streaming into the live classroom and watching your recordings for revision are crucial factors for success, active and meaningful participation are even better. Make regular contributions, during live classes or on provided discussion fora, that invite discussions, e.g. asking 'why' question, and providing different perspectives based on experiences or facts. Help to create a community by communicating with a range of fellow students.



3.) APPLY YOUR LEARNING

As the saying goes 'use it or lose it'. Study groups not only provide a 'playground' to share your newly acquired knowledge, they also allow you to consolidate and reflect on your understanding as your learning progresses. Also transfer your learning into your daily life where possible, e.g. educating your family or 'conscious shopping'.



4.) ASK QUESTIONS

the more and deeper, the better. Our technologies offer various communication tools that in contrast to physical classes may allow you time to ponder and to express yourself more confidently. Make use of the vast knowledge pool, peers and tutors alike, to clarify course content.



5.) STAY MOTIVATED

Remind yourself of why you chose to study Naturopathy and Herbal Medicine. Whether it is an A+ or a well-deserved trip after graduation, it pays to set personal goals from the get-go. Again, collaborating with your peers can be a great source of support and focus.

6.) COMMUNICATE YOUR NEEDS

Students benefit from tutors who engage and seek frequent communication via online tools (e.g. Zoom, fora). Let us know what you require, e.g. feedback, their participation in discussions and/or clear instructions.



7.) MAKE MEANINGFUL CONNECTIONS

Share your experience. Forming friendships is part of the journey and equally achievable in online communities. Get to know your peers 'judged by their content rather than their cover'.

