

### ***An Insider's Guide to Remote Learning Video: Reflection/Discussion Questions***

1. What concerns and/or expectations do you have about learning remotely at Northwestern?
2. What do you normally do to structure your learning and study time? How might you want to modify that for a remote/hybrid environment, which is inherently less structured than a typical college environment?
3. How easy or difficult is it for you to manage distractions, like visiting websites or using social media during allocated class or study time (which can be more of a pull when we're learning remotely)? What tools or strategies could you use to improve your focus?
4. What strategies will work best for you to stay engaged during remote classes? How might this differ depending on whether the class is synchronous (meaning everybody meets at the same time) or asynchronous (meaning you access course lectures/materials on your own time)?
5. If you are living with family, what do you need them to do or understand in order to help you succeed as a student? What might be challenging about asking for what you need? How might you approach those conversations?
6. What is the ideal space for you as you're engaging in remote classes? What sort of space will help you focus and stay connected? How can you find, create, or approximate that kind of space?
  - a. If you aren't able to create a space that comes close to your ideal, what steps can you take to make your space a little more conducive to studying?
7. What can you do to take care of yourself and maintain your energy during the quarter? Think about hours and scheduling, sleep, exercise, meals, hobbies, and connecting with friends and loved ones.
8. How will you ensure you are getting the support you need, academically or otherwise? What might stand in your way from asking for help, or letting others know about the challenges you're facing? Try to identify a few people and/or offices that you might want to reach out to for support over the quarter.

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