Adult Learners @ Home
Effective Strategies

Set up your workspace

Find a **quiet** space that is well lit and where you can concentrate.

Remove any distractions

- Make sure you are able to **focus**.
- Manage your **environment**: noises, other people, etc.
- Keep in mind that you will have time to have fun later!

Do only one thing at a time!

Plan your work

- Create a **work plan** or use the one proposed by your teachers.
- Set **goals** for yourself.
- Make sure to meet **deadlines**.
- Access the **learning management system (LMS)** used for your classes and your **email account** daily.

When preparing for a videoconference:

- Make sure your **devices** are fully **charged**: laptop, tablet, headphones, etc.
- Make sure you have all the **materials** you need.
- Open the **applications you need** and close any others.
- Show up at least **5 minutes** early.

When working on your own:

- Take short **breaks** during your work session.

Use a timer!

When you need help

Refer to...

- the **resources** provided by your teachers.
- the **strategies** you have learned (to help you with reading, working, communication, etc.).
- the **people** in your school or community:
  - professionals, teachers, classmates, friends, family members, etc.

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