



Northeastern University
Disability Resource Center

Return to In- Person Learning Guide



Table of Contents

Page 1.....	Cover Page
Page 3.....	Introduction
Page 4.....	Reflection Worksheet
Page 5....	Planning Tool for In-Person Learning
Page 6	Return to In-Person Learning Bingo
Page 7.....	Think About It Now!
Page 8.....	Keep Thinking About It
Page 9...	Tools for Success & Study Strategies
Page 10...	Tools for Success & Study Strategies
Page 11.....	Active Studying Tips
Page 12.....	The Pomodoro Technique
Page 13.....	The Forgetting Curve
Page 14	Emotional First Aid Kit
Page 15.....	Creating a Study Environment
Page 16	SQ3R Reading Technique
Page 17	Visualizing Time
Page 18.....	NU Campus Resources
Page 19	References

INTRODUCTION

During the next few months, the DRC recognizes that students will be adjusting to taking classes back in-person again after many months of hybrid and remote learning models in place. This adjustment period may consist of having to get up earlier, physically commuting to class again, needing to stay attentive for longer periods of time, and socially interacting with others more. We created this guide filled with tips and strategies in hopes to guide students in their transition back to in-person learning. If you have any questions about the content of this guide or would like assistance in your transition, please contact us and reach out to your designated Disability Specialist.

*Warmly,
The DRC*

WAIT A MINUTE!

LET'S REFLECT



QUESTIONS TO CONSIDER:

What were some of the positive aspects of hybrid/remote learning?

How can you take what you learned from hybrid/remote learning back to the in-person learning environment?

Can you identify which aspects of transitioning back to in-person learning is causing you stress or you anticipate might be a challenge for you?

Name two ways you can handle or cope with that stress? Perhaps consider what additional resources you can access.

What aspects of returning to full time in-person classes again excites you?

How do you anticipate your routine or structure to change?

Planning Tool for In-Person Learning

The DRC conducted a survey to identify main areas of NU student concerns for returning to in-person learning this fall. The below tool can be used to think about how to be proactive with some of these areas, and to open conversations with your DRC specialist.

Self-care & Sleep schedule	
Where can I get my meals? What are some go-to snacks I can stock up on?	
What time do I need to wake up for class? How much sleep do I need? What time should I start my bedtime routine? When/where should I put my phone away?	
How do I like to be physically active? Where on campus is best for me to be physically active (Marino, outside, group activity, other)?	
What do I need for my mental health this term? How can I set up counseling or therapy appointments if I need to? Are my medications all set up for Boston?	

Time management	
When am I most productive outside of class?	
What type of planner works for me?	
How can I set up a "go" station in my dorm/apartment?	

Finding effective study environments	
Before COVID, where did I like to do schoolwork?	
What are my options on campus? What new options am I willing to try?	
Who is a good influence when studying? Do I work better alone?	

Taking Tests	
What might be different this fall?	
What study habits have worked for me in the past, pre-COVID?	
Which study strategy could I try this term?	
For which classes could I try peer tutoring? The Writing Center? Office hours?	

Managing Social Expectations	
What about being near a lot of people makes me uncomfortable?	
How can I advocate for more space for myself if needed?	
Will I be more comfortable wearing a mask? Carrying hand sanitizer with me?	


Campus Resources	
Peer Tutoring	https://undergraduate.northeastern.edu/peer-tutoring/
Writing Center	https://cssh.northeastern.edu/writingcenter/
UHCS	https://www.northeastern.edu/uhcs/
Find@Northeastern	https://www.northeastern.edu/uhcs/find-at-northeastern/
WeCare	https://studentlife.northeastern.edu/we-care/

Paying attention during class	
What are my "tells" for not paying attention?	
Should I bring a fidget toy to lecture? What kind?	
How am I taking notes? Am I able to look at lecture slides before/during class?	



RETURN TO IN-
PERSON LEARNING

Binga

TRIED A NEW ACTIVE STUDY TECHNIQUE	MET WITH MY ACADEMIC ADVISOR	ATTENDED AN RA EVENT IN MY RES HALL	WENT TO OFFICE HOURS	STUDIED IN THE ISEC COMPLEX
ATTENDED FALL FEST	REVIEWED MY NOTES AFTER LECTURE	FORMED A STUDY GROUP	UTILIZED NU'S WRITING CENTER	EXPLORED A NEW AREA IN BOSTON
RELAXED ON CENTENNIAL COMMONS	TRIED A NEW FOOD SPOT ON CAMPUS		MEDITATED WITH NU'S CENTER FOR SPIRITUALITY, DIALOGUE, & SERVICE	TRIED THE POMODORO TECHNIQUE
VISITED THE DRC!	TOOK A PHOTO IN FRONT OF KRENTZMAN QUAD	ENGAGED IN A SELF-CARE ACTIVITY	ATTENDED AN NU SPORTING EVENT	PET COOPER THE CAMPUS PUP
FOUND A STUDY SPACE IN SNELL LIBRARY	WORKED OUT AT THE MARINO REC CENTER	UTILIZED THE PEER TUTORING CENTER	ATTENDED A CLUB MEETING	FOUND AN ALTERNATE ROUTE TO CLASS

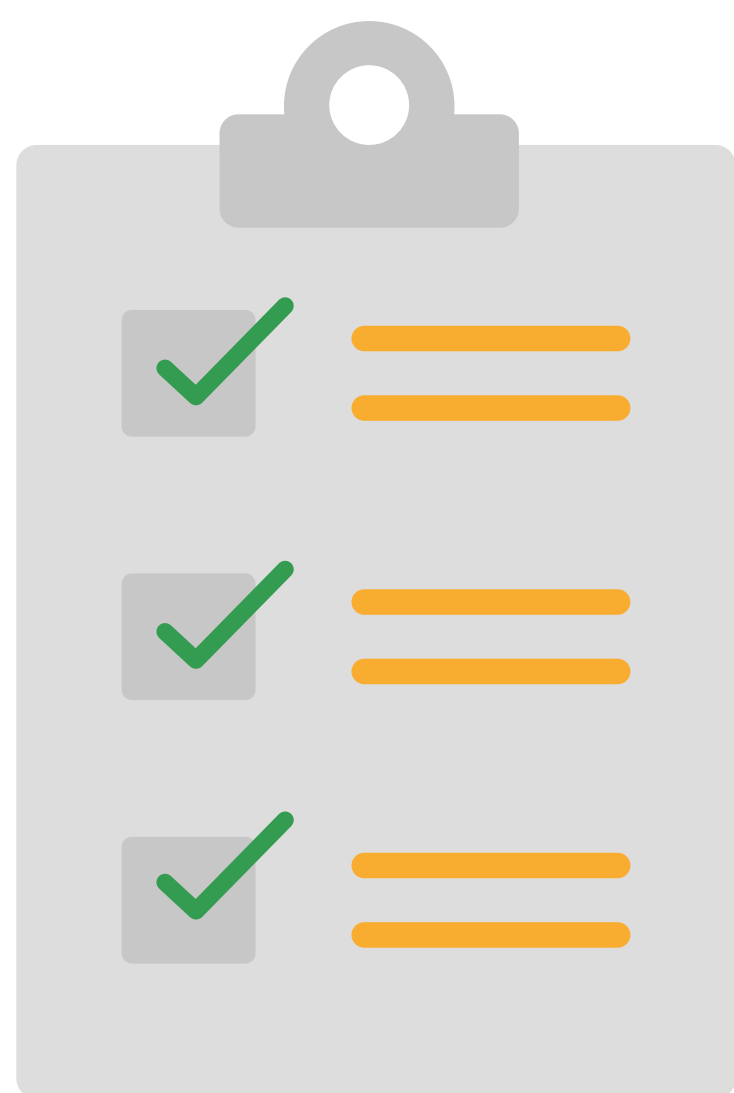


THINK ABOUT IT NOW

Preparation and planning is **KEY!**

Start preparing now

Before classes start up, give yourself at least a few days to get in the habit of waking up and going to sleep earlier. Gradually adjusting your sleep schedule and making sure you have everything you need to get the semester started will make a world of difference once classes begin.



Sleep & Wellness

Consider setting a goal of starting your day around the same time daily. This will help to create and build more structure and routine back into your days. Try to remember to start your day with breakfast and nutrients before sitting in long lectures. Also, make sure you are staying hydrated throughout the day!

Timing

Make sure you are giving yourself enough time to get ready in the morning and time your commute from your residence hall or apartment to make it to class on time. Picking out your outfit and packing your bag the night before are good ways to ensure getting ready the next day is as convenient as possible.



Location

Make sure you know where your classes are located on campus. If necessary, do a mock run before the first day to find the academic buildings and exact classroom locations so that you know how much time is needed to physically commute and arrive to class on time. If you are a new student consider having a screenshot on the campus map readily available to reference.

Physical Activity

Aim to be intentional about adding movement into your day as physical activity is good for your mood, heart rate, and overall well-being. The World Health Organization recommends 30 min/day of physical activity for healthy adults.



KEEP THINKING ABOUT IT

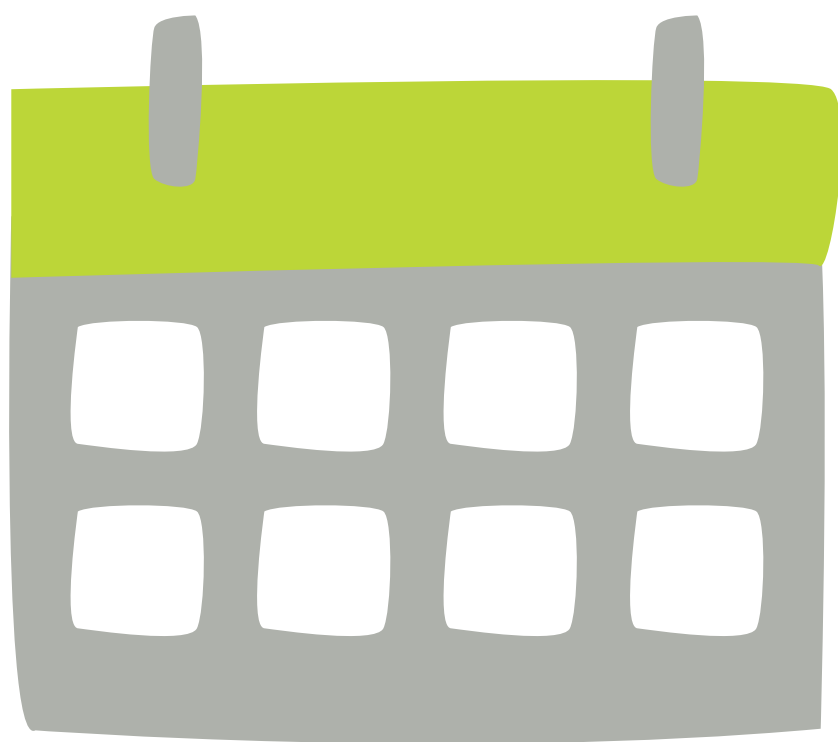
Preparation and planning is **KEY!**

Self-Care

Building in time for your self-care activities and relaxation is an important element to successfully transitioning back to in-person classes. Effective self-care can help with reducing anxiety, raising mood, and with motivation levels. Keep in mind that our brains need a break. Check out pg.12 for tips on how to use the pomodoro technique and effectively utilize breaks while working.

Socializing

You may also want to consider easing your way back into social gatherings and activities on campus this Fall. Know your limit and try not to overdo it with too many social activities and commitments on your plate at once. Remember that it is all about balance. It may be tempting to want to participate in as many in-person activities and events as possible, but remember to be mindful of your mental energy.



Scheduling

Think about what kind of calendar, planner, or organizational system you will use to keep track of your courses, meetings, tests, and assignment dates before the start of the new semester. Reflect on what worked well for you during remote learning and what did not in order to make adjustments accordingly. Remember to plan time for breaks, meals, socializing with friends, and self-care!

Communication

Spend the time to figure out how you prefer to communicate and how your professors and those in your learning community prefer to communicate as well. In-person learning presents the opportunity to communicate with your professors again face to face. Take advantage of such opportunities including office hours. If there are scheduling conflicts zoom and Microsoft Teams are still great alternatives to enhance communication.





TOOLS FOR SUCCESS & STUDY STRATEGIES

1 Class Preparation

- *Preparing* for class lecture in advance is key!
- Make sure to do the readings or at least preview them BEFORE class. You will be able to pay more attention to the lecture when you have a base understanding of the material being discussed.
- Utilize college reading techniques such as skimming, scanning, and the SQ3R technique which is located on pg. 16 of this guide.
- Make sure to download or print lecture slides and class materials before class starts.

2 NOTE-TAKING & MEMORY

- Reviewing your notes *regularly* is important for building more long term retention.
- Research shows that reviewing your notes following each class, or at minimum sometime during the day before going to bed, will greatly increase your ability to recall what you have learned.
- Reviewing notes regularly helps combat what is known as the "forgetting curve" which shows how learned information slips out of mind and memories over time unless we take active action to keep it there (see pg. 13 for further insight).
- Consider summarizing your notes in your own words or in 2-3 sentences after each lecture and try to make this a habit.

3 Time Management

- Try utilizing the *pomodoro technique* while you study and do work by incorporating frequent and short breaks (see pg. 11 for detailed description on how to use it).
- Choose a calendar, planner, or organizational system to visualize your time, track due dates, and plan out your days. See pg. 18 for a few different options and ways you can visualize and manage your time.



TOOLS FOR SUCCESS & STUDY STRATEGIES

4 Study Tips

- Finding an ideal study environment is KEY! Check out pg. 14 of the guide for a graphic of what your study environment should include.
- Consider forming a study group to quiz each other on practice questions and practice verbalizing the information aloud.
- Allow yourself to have frequent short breaks while studying to preserve your energy and prevent mental fatigue.
- Use rewards as motivators during your study session.
- Try the Five Minute Plan technique by agreeing to work on a task for five minutes. By the end of the five minutes, decide whether you will continue to work on it for another five minutes. Often you build momentum and continue to work on the task for longer than you expected.
- Identify ways to self-test yourself before the exam (i.e. flashcards, quizlet) so you can prepare for application.
- Mimic the process of getting stuck on a question or problem without immediately jumping to look up the answer - this will help you identify what you know & don't know while practicing the act of problem-solving before the exam.

5 Test Taking Tips

-
- Try to arrive early or log into the exam early to have a few minutes to relax before beginning.
 - Do a memory dump by writing down information you need to know such as a formula or facts that you fear you may forget.
 - Make sure you read the test directions slowly and carefully.
 - Try to plan how you will use the allotted time such as determining which sections of the exam are worth the greatest amount of points so you can pace yourself accordingly.
 - Try to prevent losing momentum or wasting time when you encounter a confusing or difficult question.
 - If you do have a question you are stuck on, make a mark to return to the question after you have answered the questions you know.
 - Try to maintain a positive attitude and have a "mantra" or statement ready to use when feeling discouraged or stuck while testing.



Active Studying Tips

Do you ever feel like your studying habits are not cutting it? Perhaps that is because you need to implement some more active studying and reviewing strategies. Active studying helps students to better construct meaning and draw connections towards regulating your own learning. Please see below the following tips in order to turn your passive studying habits into active ones!



Passive Studying

Active Studying



Reviewing lecture notes



Identify the main points in your notes and summarize and explain in your own words



Re-read notes and chapters in the text



Change chapter headings and turn main points from notes into questions to test yourself and look for answers as you read



Trying to solve problems while looking at class examples



Try to solve the problems on your own first and then look at class example as it is important to practice the act of getting "stuck" on a problem before the exam or quiz



Print out and read powerpoint slides



Print out, write possible test questions in the margin, and quiz yourself on slide info

Chart adapted from Seattle Pacific University Center for Learning



WHAT IS THE POMODORO TECHNIQUE?

A method for staying focused and mentally fresh

STEP 1



Pick a task

STEP 2



Set a 25-minute timer

STEP 3



Work on your task until the time is up

STEP 4



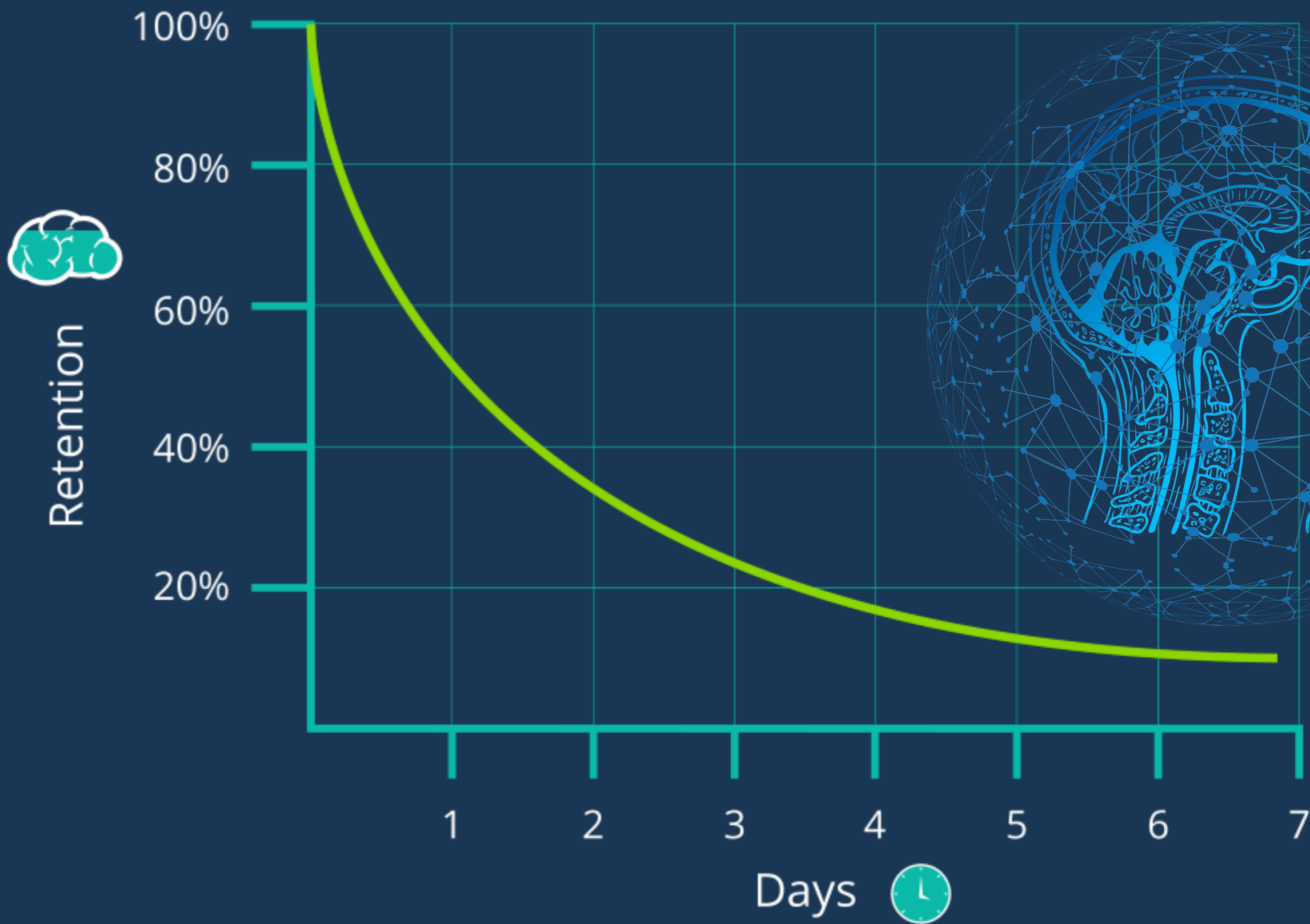
Take a 5 minute break

STEP 5

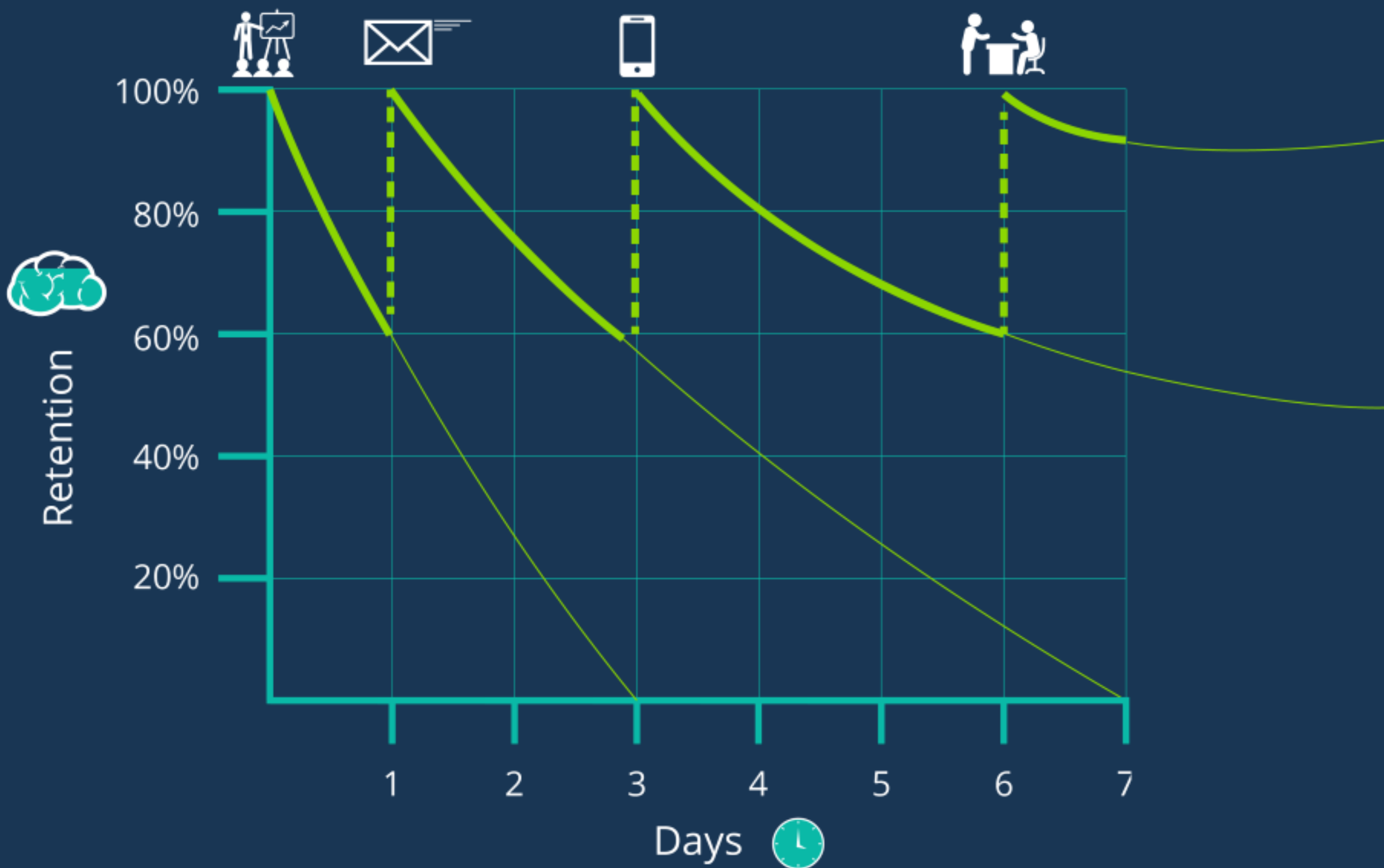


Every 4 pomodoros, take a longer 15-30 minute break

THE FORGETTING CURVE



COMBATING THE FORGETTING CURVE



The Forgetting Curve chart & resources derived from eLearningindustry.com

EMOTIONAL FIRST AID KIT

**What activities
relieve stress for
you?**

Listen to music Talk to a friend

Watch a movie Exercise

Read a book for fun

**Who is a part of
your support
network?**

Parents Counselor/therapist

Best Friend Significant other

Roommates Siblings

**How can you take
care of yourself?**

Yoga Eat healthy foods

Meditation Journal

Regular sleep Take a walk

Creating an Ideal Study Environment

What your study environment should have



good lighting



good seating



clear objectives



supplies

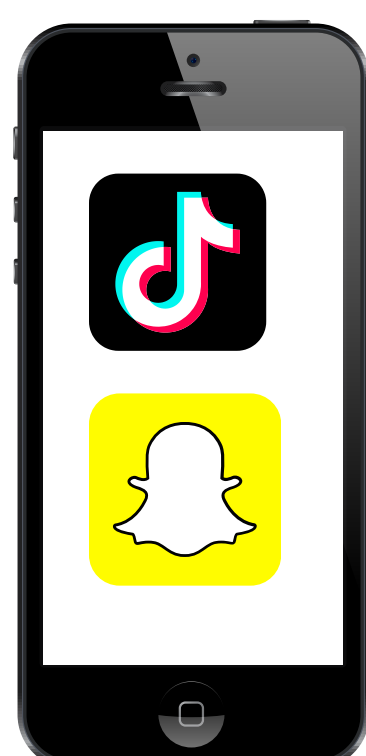
What your study environment should NOT have



Noise



People distractions



Technology distractions



SQ3R Reading Technique



SQ3R

S	Survey	Preview
Q	Question	Ask guiding questions
R	Read	Read for meaning
R	Recall	Test yourself
R	Review	Review after you read

Evaluating Time for Tasks

Know where you overestimate and where you underestimate time on tasks to help you plan your days more effectively

Task	Estimate	Actual Time	Adjustment
1.			
2.			
3.			
4.			

Visualizing Time

Writing down tasks allows you to plan for longer term projects, multiple deadlines, and required activities (commitments and daily routines)

Month Calendar

Mon	Tues	Wed	Thur	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Day/Hour Schedule

	Mon
5am	
6am	
7am	
8am	
9am	
10am	
11am	
12pm	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
9pm	
10pm	
11pm	

Weekly Grid

Mon	Tues	Wed	Thur	Fri	Sat	Sun

Daily Task List

Task check list:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

NU Campus Resources

Peer Tutoring



Find@Northeastern



Writing Center



WeCare



UHCS



References

Cathy Costello (2020) 'SQ3R. Reading and understanding'. Virtual library. Available at: <https://www.virtuallibrary.info/sq3r-reading-4-understanding.html#>

Cash, R. M. (2021, January 27). How to Transition to In-Person Learning: Ideas and Suggestions from Students. Retrieved from <https://freespiritpublishingblog.com/2021/02/04/how-to-transition-to-in-person-learning-ideas-and-suggestions-from-students/>

Denny, J. (2021, May 12). What Is The Forgetting Curve (And How Do You Combat It)? Retrieved from <https://elearningindustry.com/forgetting-curve-combat#:~:text=In a training context, the,you'd hoped it would!>

Study Skills: Effective Test Taking Strategies. (n.d.). Retrieved from <https://www.educationcorner.com/test-taking-strategies.html>