

# Online & Distance Education through Crisis

What should we tell our adult education students who are adjusting to online education?

During times of crisis or transition, we need to encourage and instruct our students as they adjust to distance & online education. We asked our community, dug into our experience, and scoured the Internet to provide you with some advice you can provide for your students.

## Advice for Crisis Situations:

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- **Maintain Community:** Contact classmates, teachers, friends, and family to maintain a sense of community while you are physically distant.
- **Share Emotions:** If you are feeling fear or anxiety, share your emotional experience with a trusted friend - or contact your school, church, or a local community organization to seek guidance or connections with counselors or coaches.
- **Gather Necessary Provisions:** Some food and other staples may be necessary to gather in case you are unable to get to the store or the items are not available.
- **Stay Healthy:** Continue to exercise and eat healthy while sheltering through the crisis.
- **Long-Term Perspective:** While we know that a crisis situation is difficult, it helps to stay positive and remind yourself that the crisis is temporary and that there are brighter days ahead.

## Advice for Teachers, Counselors, and Administrators:

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- If possible, provide the students with a HELP DESK or Hotline phone #
- Assign students into small groups or partners for encouragement and technical assistance.
- Provide a time to practice online class with the students before class session
- Offer virtual office hours. It could be an open group conversation, online chat, or one-on-one meetings.
- Clearly communicate all instructions, assignments, and resources for the students.
  - Put yourself in their shoes and imagine what they would need or ask.
- Encourage students with the fact that they are learning new skills and experiences that can be added to their resume & prepare them for work. They are gaining transferrable skills.

## Advice for Students through Online & Distance Education:

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- Plot out your assignment deadlines and assessments on a calendar.
- Establish a specific daily and weekly schedule to ensure you stay on track with the course.
- Set up a specific quiet place for studying. Eliminate distractions as much as possible.
- If you have children at home, coordinate your study and homework times.
- Some people concentrate better with music. Experiment to determine what works best for you.
- Take stretch or exercise breaks to keep your blood flowing. Eat a healthy snack to help focus.
- Communicate and ask for help when you need it.
- Write a statement or list of reasons why you are receiving your education. A Purpose Statement.
  - Read this daily to build your desire to persevere and your belief that you can and will complete the course or program.
- Take a moment to celebrate small wins, goals accomplished, courses completed, etc.
- Just keep moving forward!

Reference Guide prepared by the team at **WorkReady Mobile**

We are ready to serve you and your community college through the current crisis.

[www.workreadymobile.com](http://www.workreadymobile.com)

Article Referenced: <https://goodcolleges.online/study-tips-for-success/>

