



# Remote Learning and Independent Study

## Advice for WSFC students

We want you to maintain as much momentum to your learning as is possible whilst you are remote learning and we are remote teaching. Learning itself is a skill, as we know, and any skill needs to be practised daily to keep it in good condition.

The following is written very much with the government advice about social distancing in mind – wherever the advice here is to socialise, this is via means that **do not** involve direct, person to person contact.

The most important advice we feel we can give you is to stay as close as possible to your normal routines. For example:

1. **Structure:** Follow your normal timetable as much as possible, studying your courses as 'lessons' at the time of day you normally would have done this when coming into College. Complete the same number of hours of directed learning as you should normally do.
2. **Set work:** Follow the instructions and meet the timeframes for work set by your teachers.
3. **Teacher Help:** If you find that you cannot access or understand the form of remote learning you are being set let your teacher know by email. They can factor this in to what they plan and they will want you to be able to continue your learning, so will help you.
4. **Support:**
  - Check in with your Tutor if you need any advice or help – they are there too and can help you on a weekly basis.
  - If you access Study Support or have a Classroom Learning Assistant, please remember that they are able to support you with your learning remotely too – do not hesitate to contact them via email.
5. **Socialise online:** with your peers and friends at the normal times you would have done – hook up and have a chat, take a break and help each other with learning – whatever you used to do together when hanging out in the social areas at the College. Be kind to each other online.
6. **Study Buddy:** To help with any procrastination or low motivation, you can agree with a friend to link up online via video and work independently, but with your friend linked in and working on their work too. Although you are not actually communicating with each other, there can be something really reassuring in having someone else there – it is a little bit like working in a public or college library. You can have rest breaks together, too.
7. **Groupwork:** Continue to work in student peer groups as much as is possible. There are online tools and social media you can use to stay together and ask

each other questions, revise and test each other, set each other challenges. Even a simple phone call can work well here.

8. **Sleep:** Stick to a routine of waking and sleeping as if you were still at College. It can be easy to slip into late morning wake-ups and even later bedtimes – this reduces the amount of daylight you receive and it is important to get plenty of daylight during the day – watch out for this and if you find your body clock moving later and later, do two mornings in a row of getting up *really* early – you *will* then be tired that evening and be able to sleep earlier.
9. **Breaks:** Take breaks from study – stretch, move, make tea, chat, whatever works for you. Every 20 to 40 minutes is good for a break.
10. **Exercise:** Loads of excellent work out videos are now available on line, from dance classes to yoga videos. Pick something you fancy and stick to it.
11. **Rewards 4 Work:** Reward yourself for completing substantial pieces of work – play games, watch TV, socialise (virtually) – your wellbeing is important. However, reward yourself **AFTER** working hard. If you reward yourself first, it will be really difficult to then get into the task of studying for your courses – study is hard, so do the hard stuff first.

In many ways you can treat remote learning like revision time, which is predominantly a form of remote learning and independent study anyway. Developing good independent study skills and managing your time is one of the best life and employability skills you can have.

The most effective way to remote study is to start this straight away, so that your routine isn't broken. If you leave it for a few days, before you get into a study routine, it is going to be difficult to get back into an effective routine.

**Remember – if you have any problems,  
just communicate with your teacher and/or tutor.**