

Studying in Times of COVID-19

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Despite the unexpected nature of this health crisis, the suspension of classroom lectures following the closure of universities, students continue their learning thanks to the shift to online delivery of their courses by their teachers. The Immense options that online education offers in terms of the variety of resources, modes of accessibility, and means of presentation, prompts us to think about Universal Design for Learning's (UDL) which align perfectly with such possibilities.

Are you a student and do you want to integrate the principles of UDL into your learning? Distant learning offers a context that harmonizes very well with the UDL. Bet on effective and efficient practices, and remember that the UDL means success for all!

Determine your learning style!

Your student profile is unique. You learn in many ways, but you have the tendency to favor a mode and a style of learning among others. Now you can situate yourself at the intersection of two, three or even four styles.

If you manage to clearly identify your [learning style](#) (including your strengths and flaws), there is a strong chance to use your efforts efficiently, to optimize your learning activities and to organize them in the way that works best for you.

In short, [what is your preferred learning style?](#)

Be autonomous and learn to learn!

Technology puts at your disposal a variety of tools which support learning in autonomy. So, you have everything you need to do your work in your own time and pace. You are the author and the actor of your learning. Change the attitude and take charge of your learning! Define your goals, your learning content, your methodology, your strategies! Manage your time! Evaluate your skills!

Taking charge of your learning does not mean learning without a teacher. It is about the development of your meta-reflexive abilities. And becoming an autonomous learner requires [learning to learn](#).

Get organized and create action plans!

Without personal organization, you will be overflowed by the activities of your personal life and the courses to follow and assimilate. To get by, every minute must be used effectively. Having a work plan and methodology is very essential, if you don't want to lose the path very quickly.

[Organizing your time and your work](#) is the secret to learning effectively and without stress.

Keep your motivation alive!

You may feel the temptation to give yourself away to despair. Feeling the need for a break after strenuous efforts is quite normal. But do not lose sight of the objective of your efforts and future plans: having a university degree, entering the job market, gaining work experience, etc. This will help you overcome this passing feeling. And above all, do not forget that motivation is contagious: Talk to a cheerfully motivating friend! [Maintain your motivation](#) throughout your learning experience!

Engage in your learning!

It's the cornerstone of your success. You must honor the trust your teacher places in you. Show your interest in his lectures, his directions, assignments, etc. The greater your commitment is the higher your learning gets. [Be outstandingly active and responsive](#): Ask questions! Ask your teacher and your friends about the usefulness of your learning! Do not

hesitate to be proactive! Your proposals can improve the course. These are actions that show your involvement and your enthusiasm.

In short, do not isolate yourself!