



MAKING THE MOST OF VIRTUAL LEARNING

A guide to help you make your
remote learning more effective



Learn anytime, anywhere...

Here at CAW we have been offering distance learning programmes for quite some time; even though online learning is nothing new to us, the recent global events have meant we have ignited our virtual delivery styles to ensure our learners continue to get the best we can give!

We are living in a world where online courses allow us to take ownership and responsibility for our own learning and factor it in around our lives. In addition to this, virtual learning environments and innovations in tech mean that learning remotely is more engaging and dynamic than ever. Those who are proactive and, willing to embrace these new ways place themselves in a stronger position and are more likely to benefit from opportunities that may arise in the future. In short, now could be the perfect time to take your next step...





CREATE STRUCTURE AND SPACE

Consistency is crucial. Committing to a schedule will make it easier to apply the self discipline to manage and meet your targets.

Setting yourself a to-do list, or creating a timetable is also a good way for you to schedule your learning. Having clear goals set for yourself during your studies can also help you to keep focused and motivated to stay on track with your learning.

Create a study space for yourself in a quiet comfortable area.

LIMIT DISTRACTIONS



Let your housemates or family members know when you're working and explain that you need time, space, and quiet.



Ditch the phone, turn off the TV, log out of social media platforms.



If you need to refocus, take a break, stay hydrated and make sure you eat well.

ESTABLISH EXPECTATIONS



As individuals, we may find some elements of learning tougher than others and that is ok. We suggest you manage expectations of yourself sensibly and work hard to balance out your weaker areas.



FOCUS

Pay attention

Stick to the plan

Actively listen

Take notes



PROCRASTINATION

You got this

Set targets

Track progress

Manage time



ENGAGE

Positive contributions

Ask questions

Share ideas

Welcome feedback

We also have certain expectations of our students, which may be useful for you to familiarise yourself with prior to starting your course. You can view these here.



EXPLORE YOUR DIGITAL SPACE

Foster closer relations with the remote learning software used to deliver your course, use the software, investigate the digital platforms and resources available to you. This will help you gain confidence in your learning process.

Identify any technical issues you may face and communicate this with your provider so it can be resolved as quickly as possible.

Read any guidance documents you are provided with. Being able to use virtual learning tools will be a valuable skill set for you to have for the future; embrace the process and use the knowledge you will gain as an added extra to your course. Both learning and teaching at a distance requires a collaborative magic formula of educators, students, and the right tools.



SEEK SUPPORT TO REACH SOLUTIONS

Although your course is delivered from a distance, that does not mean you are in anyway alone. It is important to communicate throughout your course. Ask the question, check progress, welcome feedback, interact with your peers and your lecturers!

All students at CAW gain access to free online mental health and wellbeing support through Togetherall, this service can be used at any time of the day or night, all year round. In addition to confidential counselling services by professional counsellors.

All CAW Students now have access to Fika, a mental fitness app. Find out more [here](#).



ONLINE ETIQUETTE

The internet offers a wealth of resources and information for staff and students alike. However, along with these opportunities comes risks. Cyber security and safety is at the forefront of the college's mind and we strive to protect our community against these potential dangers. We pride ourselves in providing opportunities for students to enjoy interactive learning. However, it is important to understand that we must still show kindness and respect to others during our learning and adhere to guidance from lecturers. We have zero tolerance for any form of bullying a copy of our Cyber security policy can be found [here](#). Please remember, this may be a new way of working for some of your tutors too, give them a chance to find their rhythm during sessions. You can find our Netiquette Guidance document [here](#).



BE KIND TO YOURSELF

Self care during your learning is vital, remember you have decided to learn more to improve your life and future prospects - take good care of yourself during the process.

REPLENISH



Stay hydrated

Eat well

Move around

Go outside

Take time to clear
your head

[Fika!](#)

REWARD



Pamper yourself

Enjoy your
favourite meal

Spend time with
people you love

Book an activity

Listen to some
music or a podcast

REST



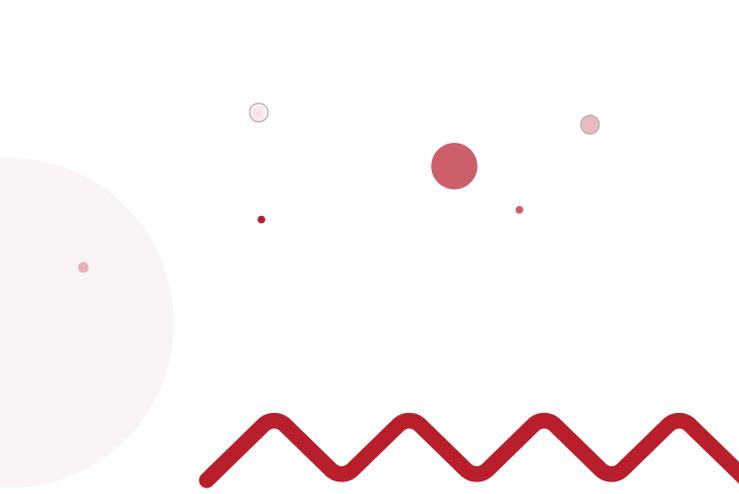
Take breaks

Sleep well

Acknowledge
your needs

Take a long bath

Connect with your
breath



LEARNING FOR ALL

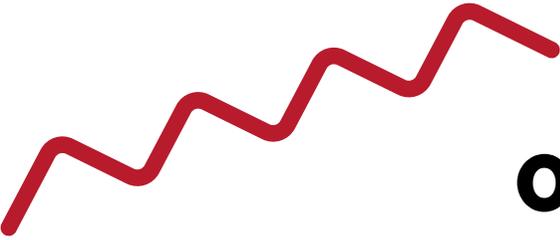


Here at CAW, we work hard to put the principles of Equality, Diversity and Inclusion (EDI) at the forefront of everything we do.

Whether you're currently studying with us, or you are considering applying for one of our courses in the future, we want you to be confident that Equality, Diversity and Inclusion is taken seriously at the College.

Visit our website to find out more <https://www.caw.ac.uk/edi/>

Near or far, however learning is being delivered, actively nurture togetherness, to enable all without exception and widen participation.



OUR STUDENTS THOUGHTS...

“

I enjoyed the virtual method used for this study weekend. I would usually have to travel a long distance to get to the training centre, which of course prolonged my day and increased my tiredness. I found the virtual approach to this course better suited for my lifestyle.

I enjoyed the flexibility of the online course allowing me to work at my own pace. I feel I gained lots from the course and expanding my initial knowledge, I feel more aware of my job role.

I struggle with confidence and this course really helped me massively I feel that my tutor went above and beyond for me.

I found the use of my home environment much easier to work from, with access to multiple computers to research ‘on the go’ whilst also being able to make notes and follow the slide at my own pace.

My tutor was very understanding of the potential barriers we could face whilst conducting the study sessions virtually and ensured we all received adequate breaks away from the screen.

In my opinion, I would suggest that CAW should adopt this method of delivery wherever possible.

The best parts for me were learning all sorts of information relevant to the course through the use of the VLE. This helped me to apply my knowledge to my job and expand on it through practice. It also greatly helped me with my assignments. I feel all components of the course are going to thoroughly help me throughout my career and that they are all critical.



Resources

Safety

The College of Animal Welfare's free, [online eSafety course](#).

[Keeping safe online](#) – Further information

[Should you stream it? Think before you broadcast!](#)

[Livestreaming Top Tips from Young People](#)

[How secure is my password?](#) Password checker

[UK Safer Internet Centre](#)

[Childline](#) – Staying safe online

[Age UK](#) – Staying safe online

[National Bullying Helpline](#) – Cyberbullying

[Virtual Learning Environment \(VLE\) E-Safety Training for Students](#)

If you are concerned about a colleague or student, please contact a Safeguarding Officer on **01480 422070** or Email: safeguarding@caw.ac.uk for advice. If you ever believe a person to be in imminent danger, you should call 999 immediately.

Useful information

[About us](#)

[Student information](#)

[Safety information](#)

[Careers information](#)

[Equality and Diversity](#)

[Student information on the VLE](#)

[Careers advice on the VLE](#)

Documents

[The College of Animal Welfare's documents and policies](#)

[Nettiquette Guidance](#)

Well-being

[Togetherall](#) - All of our staff and students access to free online mental health and well-being support through Togetherall. This service can be used at any time of the day or night, all year round.

[Fika](#) - Fika is a remotely accessible mental fitness platform, empowering individuals with guided mental skills development courses with proven benefits on mental well-being and performance. All staff and students have free access to this app.

[CAW Blog](#) - The College provide regular blog posts relating to well-being

[CAW Buddy Scheme](#) - A Buddy Scheme is available for all students

[Personal support](#) - All CAW students are able to access free, confidential counselling services.



01480 422060



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www.caw.ac.uk



Thank You!



Interested in studying with us - apply today!

The College of Animal Welfare - www.caw.ac.uk

CAW Business school - <http://business.caw.ac.uk/>

Distance learning courses - www.caw.ac.uk/subject/distance-learning-school/



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