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THE UNIVERSITY OF BRITISH COLUMBIA

Law Student Wellbeing

Remote Learning
Strategies

Remote learning : Stepping onto a different path



Emotional, skills- based and proactive
remote learning strategies

You were on a path. You knew where you were heading with studying law just around the corner and meeting new friends. Life was KNOWN. Enter COVID-19. Your known path has detoured: Now there is remote learning, physical isolation, new skills and obstacles to navigate, and emotional reactivity (anger, confusion, disappointment).

We will focus on developing EQ and IQ skills, and being proactive for increasing your remote learning strategies.

Part One:
Stepping onto a different path
with emotional wellbeing (EQ)

Emotional Stability

- Take a breath (or regulate in another way)
- Reestablish anchors and routines
- Open yourself up to sitting in uncertainty, shift your mindset and look to what you *can* control
- Strengthen your support system
- Stay in the present
- Remember everyone is going through this uncertainty with you

The first step to establishing stability is to regulate and process your emotions, this will allow you to come back to a wise, open mindset which is the best place to be for academic functioning. This is explained in more detail in the 2020 Wellbeing Orientation information.

Try to:

- Take a breath (or regulate in another way).
- Reestablish anchors and routines.
- Open yourself up to sitting in uncertainty, shift your mindset and look to what you can control.
- Strengthen your support system.
- Stay in the present.
- Remember everyone is going through this uncertainty with you.

Staying motivated

- Purpose and goals
- Keep hold of this intention and allow it to fuel your plans and processes
- They are still here, they have just moved to a different mode.

And will you succeed?
Yes! You will indeed!
98 and 3/4% guaranteed!
— Dr. Seuss

- **Take a moment now to remember your purpose and academic goals.**
- Write down what is your intention for studying law?
- Place this up in your study area
- Another good idea is to also include a picture/photo that represents your intention.
- Keep hold of this intention and allow it to fuel your plans and processes
- They are still here, they have just moved to a different mode.

Change management



- Reflect upon changes you have been through in the past.
- How did you cope with these changes? What worked? What didn't work?
- How can I use these skills now?

I've succeeded before I can succeed again

- **Take a moment now to reflect upon these questions.**
- Place this up in your study area

Part Two:
Stepping onto a different path
with skills development (IQ)

UBC Resources

- UBC - [Keep learning](#)
- Counseling Services - [VIRUSES AND ONLINE CLASSES... HOW DO THEY EXPECT ME TO FOCUS? Counsellor tips on keeping yourself motivated](#)

Remote learning will require different skills if you have never completed an online class.

- **UBC – Keep Learning**

Education at UBC is undergoing unprecedented change. You, your instructors, and peers are all figuring out how to teach and learn in a fully online environment. This transition comes with natural challenges and means your learning may not look or feel like what you expect. Know that you are not alone in navigating these changes. UBC is an exceptional community doing all we can to support one another. The Keep Learning website compiles resources to help you set up, learn effectively online, understand the technologies used at UBC, take care of yourself, answer questions, and get support in this new context. You can also [share what your online learning experience has been like](#), so this resource can improve. Together we can and will overcome the challenges. Be well and keep learning.

<https://keeplearning.ubc.ca/>

VIRUSES AND ONLINE CLASSES... HOW DO THEY EXPECT ME TO FOCUS?

Counsellor tips on keeping yourself motivated

A list of tips collected by a counsellor at UBC Counselling services.

https://allard.ubc.ca/sites/default/files/2020-07/covid_and_online_classes_-_staying_motivated.pdf

General Resources

- If you feel alone and need others to study around you, try using “[Study with Me](#)” on YouTube, there is even one in a law library!
- [Forest](#) is an app to help you study without being distracted by social media.
- Use background music with binaural beats to help your brain focus. Try: [90 Minutes of Focused Studying: The Best Binaural Beat](#)

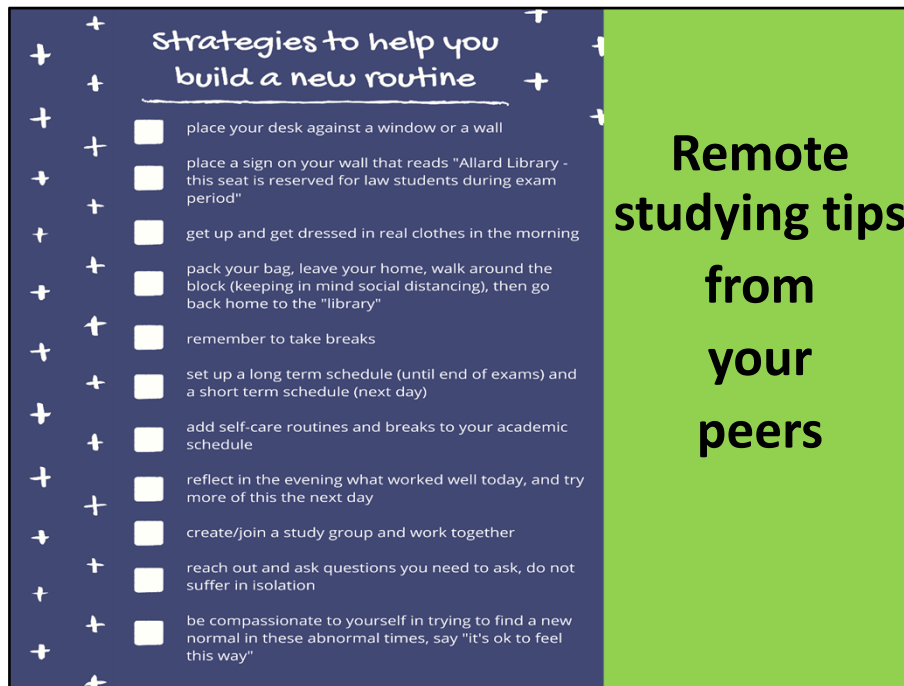
“Study with Me” <https://www.youtube.com/watch?v=zU4lfhgAU-8>

Forest www.forestapp.cc

90 Minutes of Focused Studying: The Best Binaural Beat

<https://www.youtube.com/watch?v=eqKQACO4HAK>

Binaural beats are a tone created in the brain when it's presented with two different frequencies at the same time. The state of your brain directly affects how well you perform activities and process information. If you want to achieve a meditative state, get a better night's sleep, activate your body's natural healing processes, or become more focused and productive, you simply need to change the state of your brain. Believe it or not, it's actually pretty easy to safely alter how your brain is functioning. Without taking any medication or drug, you can naturally shift the speed and intensity of your thoughts by listening to specified tones that induce different brainwaves states.



Studying tips from your peers:

When your 'normal' changes it can be difficult to find a new routine. One of the strategies is to look for what anchored you – what was it about your past routine that worked well for you and how can you bring that back into your life – in a different way.

Finding a new routine for studying has been challenging for some. The usual structure of going to class and the library has now mashed into one roll out of bed (maybe), study, eat and roll back into bed. All without having to change out of your pj's..

Try these study tips from your peers at Allard. Also remember to give yourself a treat at the end of the day for sticking to your schedule (treats are a great positive reinforcer to help change behaviour).

The next slide is a student library sign shared to her peers. It worked well for her.

Library

This seat is reserved for ALLARD
Student during Exam period.

More remote studying tips from your peers

Emma Moore, a past Peer Tutor, suggested:

- Make a schedule
- Take a break
- Online study groups
- Stay connected

- Make a schedule: *"Make your schedule detailed - don't just say "Work on Torts" or "CAN for Contracts" but break down what particular cases or section you will do that day"*
- Take a break: *"The Allard schedule is designed with a number of breaks for students throughout the day. These are important to help you reset and process what you're learning." Try the Pomodoro Technique (4 x 25 min focus periods with 5 min breaks between, followed by a 20 min break).*
- Online study groups: *"A big thing that people often struggle with doing online education is feeling isolated, but you have around 50 peers in the exact same boat as you, and technology can facilitate very successful group study. I have participated in many successful practice exam reviews via videochat or shared GoogleDoc."*
- Stay connected: *"Reach out to your academic support people if you are struggling. UBC continues to have resources available to you and many people who wish to ensure your success. Unfortunately, when we are all in separate locations, it can be easier to miss when someone is struggling - so please look out for yourself and each other."*

**Part Three:
Stepping onto a different path
with proactive tips to improve
focus while remote studying**

Stepping onto a different path with proactive tips to improve focus while remote studying

Increase activities which will help focus:

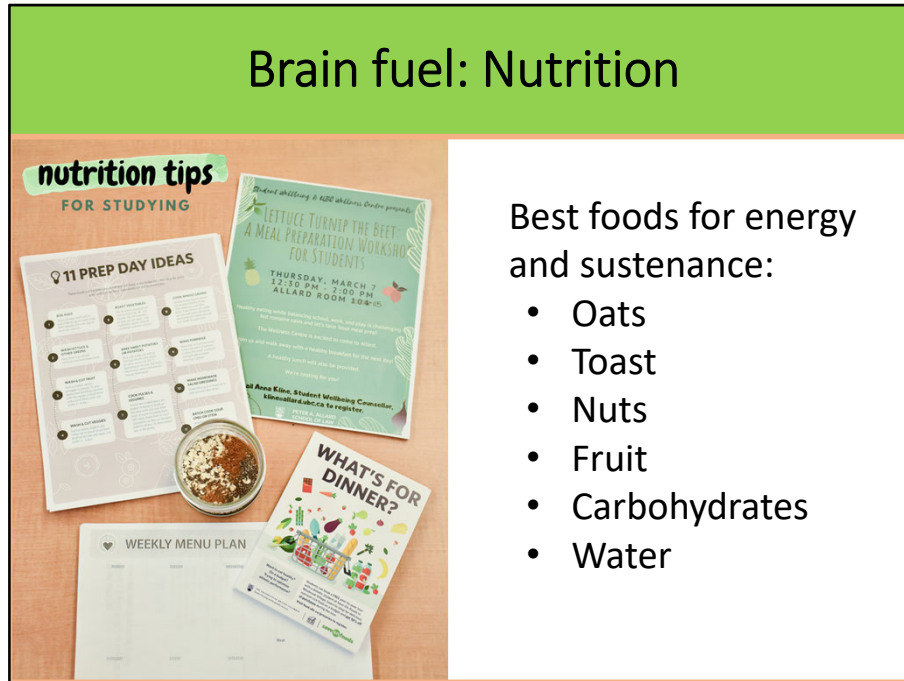


When remote studying through zoom (or other methods) it will be difficult to keep focus and attention (see information on zoom fatigue).

Sleep, exercise and nutrition are fuels which will increase energy in the mind and body for optimum performance, and are needed now more than ever as remote learning takes discipline and motivation to stay on track. Again, be aware of how much energy is required to move into your new “normal”. It is vital to replace that energy in your body, and even build resilience (stores of energy) while you continue your intellectual journey.

Another source of energy is through emotion regulation. The more proactive you are the more resiliency you will build and the less reactive you become. The more you regulate your emotion, the more you are able to have access your cortex (the source of your thinking power) which enables a more optimal academic experience.

Brain fuel: Nutrition



Best foods for energy and sustenance:

- Oats
- Toast
- Nuts
- Fruit
- Carbohydrates
- Water

What we eat affects our ability to perform. Give your body that boost to keep going and give your brain the sustenance it needs to get you through remote learning. UBC's dietitian Melissa Baker shares some insider information on what we should be eating to ensure our brains can operate at their best.

Best food for the morning :

- Overnight oats: are perfect for an early start as they will give your brain all the right ingredients to tackle the morning. Prepare 3 to 4 portions on a Sunday night and have them ready for the week. <https://food.ubc.ca/easy-overnight-oats/>
- Oatmeal: it takes a while for your stomach to digest oatmeal which means it will give you energy and keep you fuller for a longer period of time.
- Toast: A type of grain toast is best because it has fiber and protein, and top it with nut butter. This meal takes some time to digest, so it will sustain your body throughout an early exam.

Snacks between back-to-back classes:

If you have multiples classes in a day, it's super important, according to Melissa, that you eat something between them. Your brain needs a source of energy to draw

from in order to perform optimally for another few hours.

- Nuts and fruit: are a quick source of protein, and will give you another burst of energy that will sustain you.
- Carbohydrates or sugar: Our brain runs off of glucose for energy. Eating something that will spike your glucose levels can give another burst of energy. Remember: although you get a burst of energy from these foods, it also drops quickly.
- Water: Make sure you stay hydrated

Top takeaways from Melissa

- Make sure your meals are balanced: contain vegetables, protein, and whole grains.
- Eat a balanced meal every 3 to 4 hours to give your body a stable source of energy.
- Stay hydrated with water and avoid energy drinks!
- Take the time to enjoy your meals. It'll be a welcome break and one that will be very beneficial to your success.

Watch this video for some easy ways to up the health of your meal:

<https://students.ubc.ca/ubclife/hacks-healthify-meals>

Information modified from: https://students.ubc.ca/ubclife/what-eat-drink-exam?utm_source=post-related-cat

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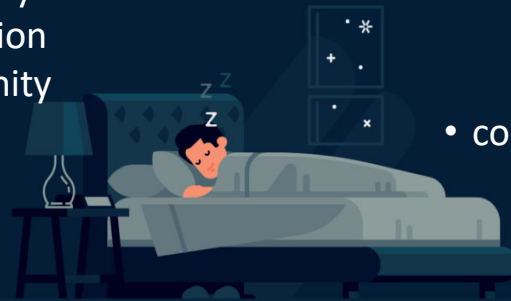
Brain fuel: Sleep

Sleeping helps with:

- focus
- memory
- retention
- immunity
- mood

During sleep the brain:

- restores
- replaces
- rebuilds
- process
- consolidates



When you sleep the brain restores, replaces, rebuilds, processes, and consolidates. However, it's not just the laying down of memory and recalling it that occurs during sleep, we also increase “our ability to come up with novel solutions to complex problem.... in fact, it's been estimated to give us a threefold advantage” (Russell Foster, circadian neuroscientist). Other benefits of sleeping well are: an improved ability to focus, remember, and retain new information; a stronger immune response; a greater ability to complete tasks like studying, researching, and writing; and, improved mood, where you'll be less likely to feel anxious, irritable, sad, or worried.

To help get better sleep, plan quiet time before bedtime when you focus on doing activities that promote rest. Develop rituals of things that remind your body that it's time to sleep (e.g., relaxing stretches, breathing exercises, bathing, reading). You can try:

Journaling thoughts and feelings, or reflections on the day, and gratitudes

Grounding exercises like:

breath counting and/or slowing your breath down

mindful body scan: As you lie on your bed notice your breath and the

places where your body is touching your bed. Then, starting at the toes, you can think of “switching off” in each part of your body, part by part. Counting: To slow the mind down and release you from cyclical patterns of thought, you could count slowly: starting at 10 (or even 1,000) counting backwards to one, then starting at 10 again. Visualizations: A visualization asks you to imagine an image or scene, then it takes you into a mental state that is similar to hypnosis.

Sleep Resources

Calm app <https://www.calm.com/>

[Why do we sleep? by Dr Russel Foster](#)

www.ted.com/talks/russell_foster_why_do_we_sleep#t-264329

<https://students.ubc.ca/health/health-topics/sleep-success#strategies-for-better-sleep>

Headspace <https://www.headspace.com/meditation/sleep>

<https://www.heretohelp.bc.ca/visions/mind-body-connection-vol10/how-to-use-the-power-of-your-mind-to-reduce-stress-and-sleep-better>

Student Wellbeing can help with your sleep strategies. Email for support.

Anna Kline, Student Wellbeing Counsellor

Brain fuel: Exercise

Neuroscience research shows:



- Physical activity can help super-charge your studying
- Regular exercise helps your brain work at its optimum

Research based tips:

- Five minute exercise break
- Study immediately after exercising
- Exercise before exams

Dr. Todd Handy, UBC professor in the Department of Psychology (specializes in cognitive neuroscience) shares these simple tips on the effects of exercise on the brain for studying. “Bringing neuroscience into learning has really expanded our understanding of study strategies and what the smart, effective student can do to bring their A-game to the academic experience.”

Five minute exercise break:

“It can be really helpful to get up and walk around for 5 minutes and come back. Even if it's part of a study session, just moving helps. It doesn't have to be drastic, but the more you can do can really help.”

Study immediately after exercising:

“Studies have also shown that people can learn better right after physical activity. So if you're somebody who likes to work out, it can be really effective to study right after—because the exercise actually pumps the brain full of brain growth hormones.”

Exercise before exams:

Dr. Handy himself conducted a study here at UBC looking into the effects of exercise on exam performance. “What we found is that people who, the more they aerobically exercised in the 48 hours preceding the exam, the better they did on the exam.”

Full article with more neuroscience-for-studying tips by Dr Handy:

<https://students.ubc.ca/ubclife/neuroscience-effective-studying>

Brain fuel: Emotion regulation

**Try to breathe in sync with
this for relaxation.**



Any activity which allows you to relax and calm your body and mind should be used proactively – which means on a regular basis no matter how you feel. Activities will differ for different people and could include: reading (non law material), social contact, hiking, baths, yoga, swimming, watching a TV show/movie, mindfulness, drawing, music, etc.

For me a regular practice of mindful breathing is one of the best skills you can develop. This is because when you are stressed your fight or flight response is activated. One of the first physiological responses of the body is to pump blood to the heart to power it to run or fight. Your heart will begin beating faster. If you are able to take a deep breath, you will slow your heart rate and essentially turn off the fight or flight response.

Try this exercise and see how it works for you.

**If you have questions or would
like assistance creating your
proactive remote strategies plan,
please email me:**

**Anna Kline,
Student Wellbeing Counsellor
kline@allard.ubc.ca**

Allard Law Student Wellbeing

Anna Kline, Student Wellbeing Counsellor

Allard 147b | 604.822.4928 | kline@allard.ubc.ca

Remote contact best through email

drop-in and short term counselling available through phone or zoom

Wellbeing information available at:

www.allard.ubc.ca/student-resources/student-wellbeing



[@allardwellness](https://www.instagram.com/allardwellness)



www.facebook.com/allardlawstudentservices/

Remote contact best through email: kline@allard.ubc.ca

Lots of resources specifically directed at student wellbeing on the:
wellbeing website

Instagram page (which is student run by Natalia Mioduszewski, LSS Director of
Wellness for 2020-2021)

And the facebook page covering lots of topics, including:

What you can and can't control

Staying motivated for online course during COVID-19

Wise mind and NVC communication

Tolerating Uncertainty

Processing Strong Emotions

Coping with Social Isolation

Studying tips from your peers

Resiliency

Compassion

Loss

Gratitudes

Acceptance

Self soothing: Butterfly hugs, stepping, cooks hookup

Be kind to your mind

Things we can try when we feel lonely
Survival mode
Writing to COVID to process emotions
Systemic racism
Instead of “How are you”
COVID in person decisions
Coping with disappointment (registration)

Other counselling support

As an Allard/UBC student, the following additional resources are available to you for free

- **UBC Counselling Service** 604.822.3811
<https://students.ubc.ca/health/counselling-services>
 - Same model as Allard counselling - Can choose to access counselling at either location
 - Indigenous Counsellor available through UBC Counselling, located at Counselling Services or the FNHL
- **Lawyers Assistance Program** 1.888.685.2171 <https://www.lapbc.com/>
- **Student Counselling Services (24/7)**
 - **EmpowerMe** 1-844-741-6389
<http://www.studentcare.ca/rte/en/UniversityofBritishColumbiaAMS>
[GSS EmpowerMe EmpowerMe](#)
 - **Here2Talk** 1.877.857.3397 <https://here2talk.ca/home>