

Mind Relaxing Strategies for Virtual Learning A Place Where Students Can Achieve

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Abstract: *Stress is a natural part of every young persons life. Stress is anything that cause physical and/or mental wear and tear on the body and mind. Each students will respond to and resolve stress differently, the impact of ongoing and unresolved stress can lead to feelings of anxiety, depression, irritability, poor concentration, fatigue, sleep disturbance and poor coping skills. The altered classroom activities are designed to teach students a variety of practical and fun stress reduction techniques. These activities may be used to address a stressful situation in the movement such as during a lockdown when introducing the mind relaxing strategies for virtual learning of stress management to students. It is useful to review the following general behaviors and techniques that will help students manage stress and students brainstorm other ideas and strategies that work for them.*

Keywords: Stress management, Virtual learning, Mind relaxing strategies

1. Introduction

The past few months have seen increasing numbers of schools and universities across the world announce that they are moving to online only learning. Hundred of thousand of teachers are busy working to move their face to face lessons online. Designing online courses takes significant time and effort .Online courses have given teachers across the globe a unique opportunity to learn outside of formal educational settings and in less supervised environments. The independent nature of this form of learning heightens the need for learners to have the tools to both initiate and manage their own learning. Moreover, as individuals engage with content, instructors, and fellow students exclusively online, an explicit focus on techniques meant to deepen the learning experience becomes increasingly important. All learners in both in person and online courses are in need of effective skill and strategies to become aware of and self regulate their thoughts, emotions, and behaviors. Online teaching requires a lot of patience not only does it take time for teacher to learn new platform and apps, but the students must also adjust to being online.

2. Tips for Achieve Online Classes Success

1) Set a Major Goal

When u set goals that are personally important, you are personally important, you are more likely to manage your time in a way to accomplish them. For online study to be a successful experience. You need to be passionate about your chosen course of study. This passion will drive you to be disciplined and to persevere when deadlines are looming.

2) Treat Study Like a Job

Always remember, study is your work. Consciously choose to show up, absorb wonderful content available to you, schedule in assessments, lecture, tasks, and really set and keep those boundaries. Have a success mindset. Implement firm boundaries. Keep a schedule like your depends on it. I plan to treat my online classes like a job. Setting daily goals and making checklists can help me succeed in each course and project, allowing me to prove that I can work efficiently and independently. Accomplishing small goals each day and creating a portfolio will help motivate me to keep working.

3) Make a Study Plan

- Make a study plan at the beginning of each term I take the time to plan readings and work on assignments. Although I regularly adjust the plan if necessary, it keeps me on track.
- Set out a clear and achievable study plan and stick to it to it 95% of the time, allowing yourself some room and respite for the unexpected.
- Be organized and set a certain amount of hours per day or week into your schedule for studying.
- Write out a weekly schedule with dates and times. Make sure to set aside enough time to focus only on class with no distractions.

4) Manage Time Carefully

Estimate how much time you will need for study. Time management. Make a schedule that you can quickly check to see what you need to accomplish and when those tasks need to be complete. Set aside time for yourself and for your studies. During your dedicated study time, try to discomfort form distractions like social media, your phone, or television so that you are able to focus on what you really need to get one. And when u finishes the assignment ahead of schedule like the rock star you are? Look ahead and get a jump on future work. Trust me, you'll thank yourself later.

5) Find a Quiet Space

Pick a time throughout the day when either everyone is away from home, Pick a corner of the house where you can relax and study.

6) Eliminate Distractions

Turn off mobile phones and TV. Some background music can help you to relax, but it's important that it's not too loud to become distraction. Cut of all electronics or put them on silent. A distraction free environment slows your thinking down and helps you feel more at ease because you are no longer concentrating about everyone else. It overcomes the problem of not being able to concentrate when you try to study.

7) Limit Social Media

One way that I stay focused on my studies is by logging off of all my social media accounts. There are enough distractions around me in the real world. I don't need to add more in the virtual world. It's easy to lose track of time scrolling through your friend's vacation photos. Since the computer screen is an online students classroom, it may be difficult to resist the temptation to

see how many likes my latest post received, but by logging off and not having my social media pages up, I am able to focus more on what I am reading or on the assignment I am working on.

8) Use Online Resources

The tips for succeeding at online study is to make sure you learn how to navigate around your classroom tabs/This is where you will find your teacher info and fellow classmates for if you have questions. Learn your college website so you know how to access your library, upcoming classes, website info, technical support and more. Also make sure you know how to contact your college, teachers, when you have a question or concern. Take time to click on each tab on the college website to see what they all do and mean before you get started.

9) Break Down Task

Create a timetable which breaks your study schedule up to 1 hour study blocks with 15 minute breaks in between. This style of studying will seem less daunting and allow for you to keep on top of your work. By studying in small blocks, your brain is also better able to consolidate and understand the information- thus facilitating an enriched learning experience, as opposed to rote learning, where you essentially forget all the information after or even during the assessment. Each study session should have a specific goal.

10) Be Mentally Engaged

Go back and either watch the video or read the chapter again. If you do not understand it, do not just keep going and hope it makes sense. Going back and doing it again and again always makes it stick. A good strategy for success is to turn off all distractions. Turn off the TV, radio and phone and focus on the work. This will help you to better concentrate on the task at hand and without the distractions that social media can provide.

11) Take Notes

Write down important points. Just like in a traditional classroom setting, taking notes may make it easier to remember the important pieces of information you will need to retain.

12) Browse Intelligently

You have the entire world at your fingertips. You can research entire events from history in color, or have a renowned mathematician take your hand and work you through a problem, or a scientist explain to you how exactly your solar system works. Use your time and resources wisely.

13) Make Study Enjoyable

Playing happy music keeps me alert and in a good mood. Keeping good vibes going while the study, make the studying go by faster, and much more enjoyable.

14) Take Break

Maintain regular breaks to avoid strain (and make sure your study space is set up correctly) A quick break and walk outside can really revitalize you to continue studies. And don't force it. Do the work when you are in the right frame of mind (on line studies are more flexible so you can do this).

15) Stay Healthy

Stay healthy, a healthy mind in a healthy body. Our brain can only work to its fullest if our body is well. Have regular breaks that involve exercise and fresh air and eat food. Preparing a healthy meal or going for a run is not

wasting your time. I usually come up with my best ideas during a mountain. Don't overdo it. Remember to spend time with friends and family. It is good to have some balance. It's good for your overall happiness, sanity and for the preservation of relationship.

16) Connect with Others

Stay proactive in your class as well as with your classmates. Ask questions and participate as much as you can. As a student, you are able to draw information and gain more knowledge and different perspectives than you may in a face-to-face classroom setting.

17) Join A Study Team

Build relationship with fellow students. I have made some wonderful friendships that are based on a mutual passion for the nursing profession and providing support and encouragement for each other through the highs and lows that can come with study. One of the best ways to be successful is to group together with some students. . We all struggled in the same ways, with the same assignment and readings and, once we discovered this, were able to assist each other. Everyone is fighting for the same goal.

18) Ask Questions

Don't be afraid to ask for help. If you don't understand, just ask, the professors are there to help. Failure to ask may cost you a good grade on an assignment.

19) Beat Deadlines

Finishing work early means you have more time to ask questions or make improvements. The flexibility of online study should allow you to review and critique your work before turning it in.

20) Reward Yourself

If you get good marks you have to remember that you do have a life. Go to the movies with your friends. Reward yourself, then I can take myself out for a nice greasy burger. It always seems to be easier to motivate ourselves when we know there's something waiting for us at the finish line.

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