

ADAPTING TO DISTANCE EDUCATION PROCESS

With the emergence of Covid-19 in our country, we were introduced to the "Distance Education" system as part of precautions, and a whole new era began in our lives. While many people eagerly awaited when this sudden change would end, following the increasing number of cases, most higher education institutions announced that the fall semester would be conducted through online classes. While this news brought a sigh of relief to some, for others, it marked the beginning of a challenging period. The transformation of the home environment from a place of relaxation to an office/educational space also brought along adaptation problems for some.

To cope with the potential adaptation issues that may arise due to the change in the education system as part of this new order in our lives, you can try the following suggestions:

Establishing a new routine: Even though we may not be leaving the house, establishing a routine for tasks to be carried out within the home is important for adapting to the new order. The flexibility of the home environment may create the notion that many tasks can be postponed, reinforcing procrastination habits. Therefore, just as you have a routine in your life while attending face-to-face education, creating a routine for your distance education process will greatly help you adapt.

Sleep: Quality sleep is important for being well-rested, supporting productivity throughout the day, and being able to focus. Although you may not need to leave home and prepare for education, attending online classes requires some preparation, even if it's short-term. Establishing a specific sleep routine to ensure you don't miss class attendance and trying to stick to it will support your adaptation process.

Creating a workspace: Creating a small space for studying/listening to lessons in your living space will help you separate your relaxation and work areas and reduce clutter.

Participating in classes: Participating in online classes allows you to listen live, ask questions about unclear points, and receive immediate answers. Taking notes while listening/studying helps information stick better.

Study plan: Breaking down the topics you need to study, assignments/projects you need to complete into smaller sections can make your work easier to accomplish. Sharing what you need to do with your loved ones can increase your sense of responsibility and motivation.

Taking breaks: Creating breaks for yourself is as important as completing your studies. When you feel tired or find it difficult to focus, you can create time slots to rest and relax your mind. Talking with the people you live with, spending time with your pets, chatting with friends over the phone,

getting fresh air if possible, doing small stretching exercises can help keep both your physical and mental health in good shape.

The distance education system is now a part of our lives and a new learning model. By examining its elements, searching for new resources, you can determine the most suitable study style for yourself.

Delaying tasks can leave you trying to complete multiple tasks simultaneously, leading to increased secretion of stress hormones and adrenaline, causing mental complexity. Try to stick to the routine you've established as much as possible.

Give yourself time to adapt. You can create a daily planner to keep track of your tasks.

Think about your needs, identify them, and try to come up with solutions that suit them.

If you need support in adapting to this new process or coping mentally with any challenges, you can make an appointment with our unit by emailing psikolojikdestek@altinbas.edu.tr.