

8. Can I get help with online classes?

Learning online has its advantages. Students can work at their own pace and watch video lectures or read notes as often as they need. Virtual classes also avoid some of the social stresses that occur in face-to-face classes.

But online class can also be challenging. Asking questions or getting guidance can take more time and technology can be unreliable. Online classes are often less flexible for students with different ways of learning, making it difficult to stay engaged or complete assignments.

You are not alone if you are experiencing...

- Lack of motivation or focus;
- Disconnection from the content or a feeling that your effort doesn't matter;
- Reading fatigue or missing hands-on or face-to-face learning;
- Sadness, worry, or frustration with schoolwork or your progress to graduation;
- Unreliable technology or internet service, or confusion navigating the online tools.

If these challenges with online learning are familiar, **don't give up**. Educators have learned a lot about how to include some of the best parts of in-person courses while minimizing the disadvantages of virtual learning. And there is a lot of flexibility in "non-traditional instruction" that can make school assignments fit better with your learning strengths.

To make the most of computer-based learning:

- Follow-up with your teacher individually using text, email, chat, or other contacts;
- Attend the virtual discussion with other students;
- Make sure you know when the schedule of the sessions. You should plan to attend the times when the teacher and students will be meeting and make note of when the assignments are due.
- Call the school if you are having technology problems.

If you have tried online learning and can't make it work:

- Again, don't give up! Call your school counselor to talk through the options. Tell them specifically what you experience when you study.
- Call a crisis counselor if you are feeling so distracted or worried that learning seems impossible. They can help you sort through the current situation and connect you with more help.

Learn More

Check out these [community sites for academic help](#) with online classes.

Ask an Education Advocate: advocates@thebookworks.org or (502) 276-6136