

## MAKE THE MOST OF VIDEO LECTURES

Video lectures can feel less personal than being in the classroom and it takes some different strategies to keep up with them. Some are more helpful for live video lectures, while others are more helpful for recorded lectures.

### All video lectures

- **Find a place to watch your lectures that has few distractions.** Especially limit distractions in front of you or within your peripheral vision. These are harder to ignore.
- **Close distracting tabs and apps.** Humans are not as good at [multitasking](#) as they think!
- **Continue to take notes as you would if you were there in person.**
- If you're not alone in your space, make sure the people around you know that you need some quiet.

### Live (synchronous) video lectures

- **Find out how to ask questions.** Is there a chat feature? Is there a discussion forum? How can you “raise your hand” and ask a question during the lecture.
- **Read first.** Be sure to read any associated reading first. This will give you an idea of what will be covered in the lecture, and it will be easier to follow along – especially if there are technical issues that cause you miss keywords or ideas while you work on them.

### Recorded (asynchronous) video lectures

- **Watch recordings at normal speed.** Research shows that playback speed of 1.5x can lower your retention and can result in lower scores on assessments. Faster playback speeds are worse for complex, multi-step material (which most of your lectures probably are).
- **Replay videos or sections of videos if you missed or didn't understand something.**
- **Watch the recordings with your study group.** You may be in different places, but if you're on chat, or a video or conference call while watching the video together, you can pause and ask each other questions in real time.
- **Stick to your instructor's schedule as much as you can.** Staying on a schedule will help you have a feeling of normalcy and prevent you from falling way behind. And sure, you can binge watch lectures all at once just like Netflix, but you'll learn less and less from each one. Pace them out to let the information from each one sink in before watching the next one.