

Tips for Online Learning

Students with autism may have varied levels of knowledge about accessing online learning, such as how to use equipment, and/or how to participate. Below are several basic tips to provide guidance in what is a new learning environment for many.



1. Use a desktop or laptop with a webcam.
2. Using a computer headset or earbuds will help to greatly reduce the chance for feedback and improve your voice quality.
3. Try to find a room by yourself with a strong internet connection. Do not work outside since wind blowing and other background noises could be distracting.
4. Close all other programs. They can interfere with the quality of the Zoom or other virtual platform sessions.
5. Remember that others will be able to see whatever is behind you.
6. A bright light source behind you, such as a window, will cause you to appear as a dark shadow. It is most helpful to have a light source in front of you—behind the camera.
7. Follow the teacher’s directions for when it is time to be muted or unmuted.
8. Do not hesitate to check in with your teacher during their remote office hours if you have questions accessing learning platforms and assignments.

