

The Office of Accessibility Resources (OAR)

137 Killian Annex, Cullowhee, NC 28723 | Phone: (828) 227-3886 | Fax: (828) 227-7320 | accessibility@wcu.edu

Student Strategies and Resources for Online Learning (note, information is subject to change)

Western Carolina University (WCU) Coronavirus Information

- [Campus Updates & Resources](#), [Recent Announcements](#), & [FAQ](#)

Strategies for Staying Connected

Even as we apply social distancing measures to stay safe and reduce the transmission of the coronavirus, consider resources and technology for studying and socializing, connecting with faculty, classmates, friends, and family:

- [WCU Guidance for Internet Service](#)
- [WCU Video Collaboration](#), [WCU Toolbox](#), and [Tech Resources](#), [WCU Getting Started with Zoom](#)
- [Skype](#), [FaceTime](#), [Google Meet](#)
- Smartphone to Mobile Hotspot: [Apple](#) or [Android](#)
- [WCU Registrar: Resources for Students](#)
- [WCU Advising Center](#)
- [WCU MAPS Resilient Independent Student Association](#) (RISA)

Strategies to Reduce Computer Fatigue

- As we move into online environments, consider how you are using your computer, reduce stress on your body, review these ergonomic friendly setups for remote environments.
- [How to Ergonomically optimize your Workspace](#)
- [Setting up an Ergonomic Computer Station](#)
- [Create a Study Space](#)

These Resources Assist with Daily Routine

- [A College Student's 7 Tips For Transitioning To Online Classes](#)
- [Planning and Time Management Strategies](#)
- [Staying Ahead with Effective Time Management](#)
- [Assignment Calculator](#): break assignments into manageable tasks
- Check-out [Homework Homie](#)
- Check-out [Online Student's Manual for Success](#)
- Define a new routine using time management strategies with [Planning and Time Management Strategies](#)
- [Staying Ahead with Effective Time Management](#)
- [StayFocusd](#) is a productivity extension for Google Chrome
- [Pomodoro Technique](#) (search Pomodoro Apps on the internet)

Supports for Emotional and Mental Health

- [WCU Counseling & Psychological Services](#)
- [WCU CAPS: Self-Help and Coping Skills Workbook](#)
- [10 Forgotten Truths to Help You Get Through Hard Times](#)
- [Let's meet at this moment together](#)
- PSYCOM highlights the [Top 25 Mental Health Apps](#)
- Do you need accommodations at WCU? [Contact the OAR](#)

Strategies to Support Writing and Literacy

- [WCU Writing and Learning Commons and Tutoring Center](#)
- [Assignment Calculator](#) writing assignments to manageable tasks
- Reading, writing, and note-taking resources are available to all WCU students and employees sign up today at [Kurzweil 3000](#)
- Mind-mapping and brainstorming tools for organization: [Mindmeister](#), [Popplet](#), [Inspiration Maps](#), and [Xmind](#)
- [Grammarly](#) to check for grammar mistakes
- [Ginger](#) Grammar and Spell Checker
- [Read&Write](#) for Google Chrome by Texthelp
- Use Text to Speech software to have your paper read back to you [Microsoft Learning Tools](#), [Text to Speech in Mac](#), [Text to Speech on iPhone, iPad](#), and [Text to Speech on Android Device](#)
- [Balabolka](#) for Windows and [VoiceOver](#) on Mac

Strategies for Supporting Math

- [WCU Mathematics Tutoring Center](#)
- [Independent Learning Math Tools in OneNote](#)
- [Microsoft Math Solver](#) will help you solve and graph problems.
- [EquatIO](#) supports writing math easier and read aloud to you.

The OAR provides Free Kurzweil 3000 Accounts to all WCU Students and Employees. Learn [About Kurzweil](#) and [Access Your Free Account](#) today. Kurzweil provides online accessibility solutions for faculty and students, enabling digital content to be shared and accessed in multiple ways, with online reading and writing tools, note-taking, organization tools, and much more.

Voice Recognition and Recording Options

- Consider reducing the strain by using voice recognition, [Dictation in Mac](#), [Dictation in Windows 10](#), [Dictation in Google Docs](#).
- Zoom partners with [Otter](#). [Otter.ai](#) is a recording app but also transcripts while recording. Use on your device or computer, free version, 60 hours per month.
- **Other Options for Note-taking, Learning, Access:** [Livescribe Echo](#), [Livescribe Aegir](#), [Notability](#), [Mic Note](#), [Sonocent Audio Notetaker](#). See [NC State slides](#) for additional information on the products and resources.
- [How to use Notability](#), [How to take notes with OneNote](#), [How to record lectures using One Note](#)

Textbook Access Alternatives

Free access to digital versions of textbooks may be available at these resources and links. Note, some of these resources require proof of a disability.

- [VitalSource](#)
- [RedShelf](#)
- [AccessText](#)
- [Internet Archive](#)
- [Bookshare](#)

Strategies for Students with Hearing Loss

As we move into online learning, please let the OAR know if you need we can you and faculty ensuring access to online instruction and captions for video content.

- [How to turn on subtitles and closed captions for iPad/iPhone](#)
- [How to turn on captioning in Android Devices](#)
- Set up Visual Alerts in [Windows 10](#) and [Mac OS](#)
- [Automatic Live Captioning](#) is available via Google Meet.

Strategies for Students with Vision Loss

- Use text to speech when available. Consider [Kurzweil 3000](#).
- Thinking about moving to a screen reader, check out screen reading software NVDA, which is being used by more people than JAWS. Training – [American Foundation for the Blind – NVDA Training](#) – [NVDA User Guide](#)
- [Introduction to using a screen reader in Microsoft Word](#)

(new) Recent Ideas Shared by a Student

- Print out your syllabus and check off as you go (great visual)
- Determine how much time you need for specific tasks
- Write down deadlines, create cell phone alarms for due dates
- Check-in online every day and communicate with your professor when you need clarification