A ROCKY ROAD JOURNEY ON VIRTUAL LEARNING

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A year has passed since Covid-19 pandemic affected the lives of people including the way of education. Learning virtually is undeniably difficult especially when it comes to complex subjects like Physics, Chemistry and Biology. With that notion, students experienced and encountered various things along the way because of virtual learning.

Virtual learning leads students to have more adjustments. They practiced learning through various apps like Google meet, Microsoft teams, Zoom and others. Each of learners are required to have mobile data or internet connection for them to participate in their online classes which is not everyone has the privileged to have. In addition to that, there are times when they need to stay awake all night to understand those subjects which is not healthy, resulting to various health issues.

Learners who experience virtual learning and are trying to adapt to the new system are still struggling. It is hard to catch up to the lesson particularly to those subjects which have computation such Physics, and quite complicated like Biology and Chemistry since it often need to be done in a laboratory. However, since it is virtual learning, students can manage time to help themselves in expanding their learnings in these subjects. Moreover, having this kind of learning system, students can study in comfortable way and can manage own time to understand those subjects.

At this present time, students learn and still learning to adapt the new normal education which includes the virtual classes. They are trying to see the positivity with the said Virtual Learning in this time of pandemic. They manage to get through with complex
courses such Physics, Chemistry and Biology despite that learning in this situation made it difficult.

The key to efficient virtual learning, according to research, is engaging the hippocampus, a brain region that aids in the consolidation of new knowledge into memory. All four AGES components must be tuned, and not just at low to moderate levels, but at very high levels, for optimal hippocampus activation to occur. If any of these conditions are not met during an encoding process, there's a good chance that the task will fail.

Attention: Participants must pay close attention to what they are studying to learn. High attention entails concentrating intensely on a single task with no other interruptions.

Generation: Learning works best when participants create their own links to the content, linking new ideas to their current knowledge, because we construct memories by generating associations.

Emotion: Strong emotions must be present during encoding in order for memories to stick. This activates the hippocampus.

Spacing: Learning is most successful when sessions are spread out across time, especially if the break between sessions includes one or more nights of sleep.

Virtual learning, when used effectively, can activate high levels of attention, generation, emotion, and spacing. Even higher than you can achieve in a single half-day or full-day workshop.

References:

https://neuroleadership.com/your-brain-at-work/how-to-make-virtual-learning-better