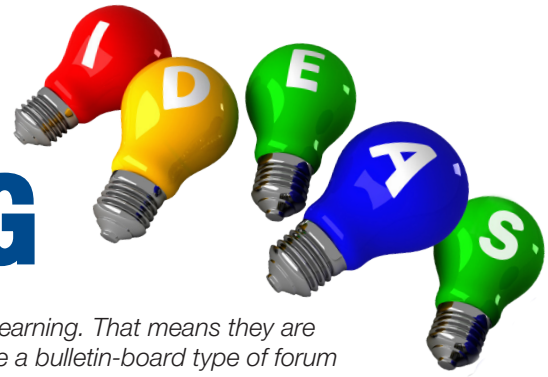


# 10 BENEFITS OF ONLINE LEARNING



*Almost all of Life Strategies' LearnOnline courses are facilitated, asynchronous e-learning. That means they are instructor-led and students go through the course in a cohort, but discussions use a bulletin-board type of forum and are not in "real time." The benefits below relate specifically to this type of e-learning but many would also be true of self-paced e-learning that makes more use of interactive computer technology.*

- 1. Learn anytime, anywhere.** If you have access to a computer and the Internet, you can engage in e-learning – literally from anywhere in the world. Time zones don't matter, except for assignment due dates. With students on different continents, there are likely discussion posts to respond to anytime you log in to the course site!
- 2. Expand your choices.** Because you can register in courses almost anywhere in the world, there are endless possibilities to choose from.
- 3. Extend your professional network.** In our Canadian courses, we've had students from Australia, China, South Africa, Ireland, Dubai, and throughout North America. Where else can you engage with such diverse learners without needing to travel?
- 4. Accommodate your learning style.** If you're introverted, e-learning gives you time to think before you speak; if you're extraverted, there are lots of active discussions to engage in. Visual learners benefit from interactive multimedia components. Whether your peak learning time is morning, midday, or night, your classroom will be open!
- 5. Engage with your instructors.** In facilitated e-learning courses, instructors are active participants in class discussions. There's no need to wait for weekly office hours or use vacation time to take a course from a subject matter expert elsewhere in the country. Your instructor is as close as your keyboard.
- 6. Avoid cancelled classes.** E-courses, like postal carriers, continue regardless of weather conditions. E-courses are also rarely cancelled due to low registrations; with no commute for instructors or fees for classroom space, running with just a few students is usually do-able.
- 7. Fit learning into "moments" of your day.** Whether your days are full or simply unpredictable, it's possible to fit in 1.5 to 2 hours per day in convenient chunks of time (e.g., 15 minutes in the morning, ½ hour at lunch, ½ hour in the coffee shop waiting to pick up teens from their activities, and ½ hour at the end of your day). Even if you travel or work different shifts your schedule can adjust daily.
- 8. Find that elusive work-life balance.** Role conflict is a huge issue for many adults today. Learn from home while juggling childcare and eldercare responsibilities or learn during breaks at work. Participate in course discussions while doing laundry, cooking dinner, or in the middle of the night while nursing your new baby. Students report doing all of this . . . and more!
- 9. Go green . . . reduce your carbon footprint.** [Research](#) has confirmed that e-learning consumed "nearly 90 percent less energy and produced 85 percent fewer CO2 emissions per student than conventional campus-based university courses." Use your own computer, learn from home or work, print less paper, and leave your car parked.
- 10. Go to school in your pyjamas.** This is likely the most-cited benefit of e-learning – there's no need to dress up to impress your peers or your instructors – they may be in PJs, too! Wear what you're comfortable in as you learn from your own home.



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