

THE MENTAL HEALTH IMPLICATIONS OF REMOTE LEARNING



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BACKGROUND

Over a year ago, the world transitioned to remote learning where information is relayed through technology (Tophat, n.d.).

PURPOSE: to assess remote learning experiences and how it may have affected their mental health. We also aimed to assess the role of SES.

METHODS

Students took part in an online questionnaire.

Demographic info
+ SES

Remote learning

Mental health

COVID-19 experiences

PARTICIPANTS

352 University of Alberta students (M=20.5, SD=3.5) recruited via snowball sampling and student digests.

GENERAL ATTITUDES TOWARDS REMOTE LEARNING

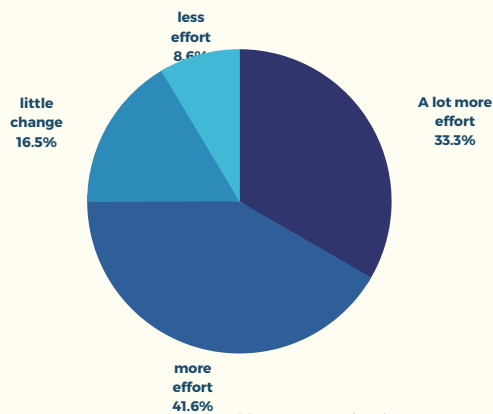


Figure 1. Degree of effort needed to succeed in online courses vs. in-person courses.

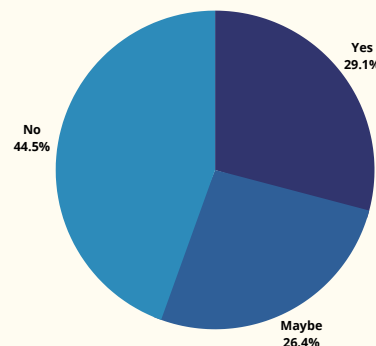


Figure 2. Percentage of students who would rather wait for in-person classes rather than learning online.

AREAS THAT STUDENTS LIKE (n=88)

Flexibility (53%)

No commute (40%)

Comfortable environment (26%)

Recorded lectures (20%)

STUDENT MENTAL HEALTH

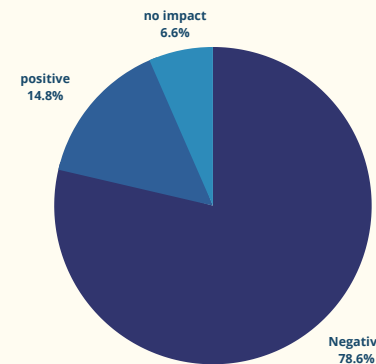


Figure 3. Nature of impact on student mental health (n=352).

STUDENTS REPORTED (n=101)...

Loneliness/isolation (63%)

Anxiety (28%)

Disruptions in mood (26%)

Difficulties with school-life separation (12%)

TOP 5 AREAS OF IMPROVEMENT (n=73)

Course management (77%)

POTENTIAL SOLUTION:

Reduce workload (24%)

Course instruction (53%)

POTENTIAL SOLUTION:

Greater access to professors (15%)

Programs used for online learning (53%)

POTENTIAL SOLUTION:

Reduce/improve proctoring (12%)

Student support (Academic, financial, Mental Health; 19%)

POTENTIAL SOLUTION:

Support for reducing test anxiety

FUTURE DIRECTIONS

Results can inform future curriculums for remote learning and also how to make in-person courses more flexible.

Survey provides preliminary evidence on how remote learning during the pandemic has influenced mental health.

IF YOU NEED HELP...

Canada Suicide Prevention Centre: call 1.833.456.4566