# HAUFE. AKADEMIE

e-learning

# Self-study with e-learning

e-learning offers numerous advantages. However, there are also challenges with learning online. In this training you will learn how to manage the various demands, learn new things with a lasting impact, and maintain a high level of motivation.

Duration: **approx. 1 hour**

Language: 🇩🇪

## Learning objectives

- ✓ Successfully master the challenges of e-learning
- ✓ Discover and further develop your individual learning strategy
- ✓ Avoid cognitive overload in e-learning and ensure long term retention of information
- ✓ Know how to use networks meaningfully to overcome dips in motivation

## Contents

Where should I start?

How do I learn properly?

How do I avoid distractions?

How can I apply classic learning techniques?

How can I learn together with others?

How do I overcome my fear of technology?

Smart online learning