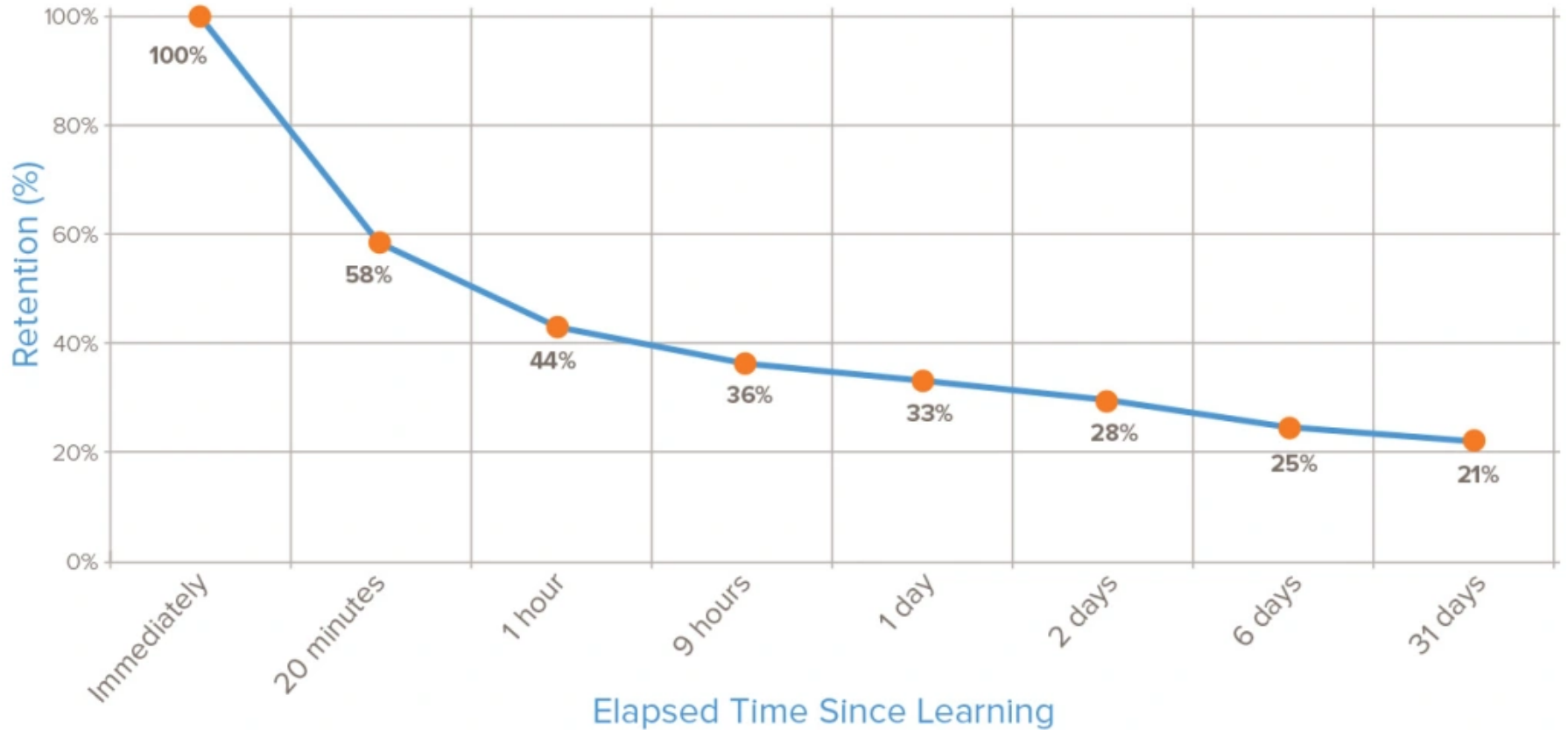


Lecture: Learning in the digital environment – the main challenges and the best solutions

Ieva Veidemane

Ebbinghaus Forgetting Curve







Challenges

Expensive podcast

01

Multiple screens

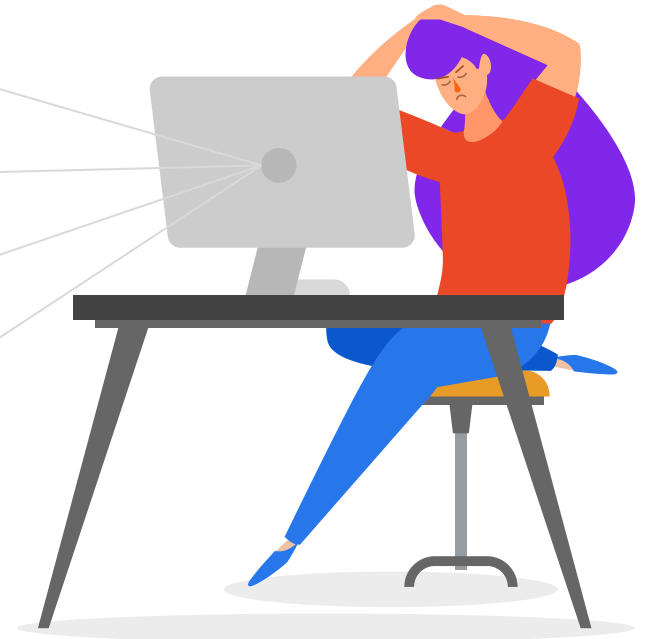
02

Attention span

03

**Dialogue with lecturer
and role of community**

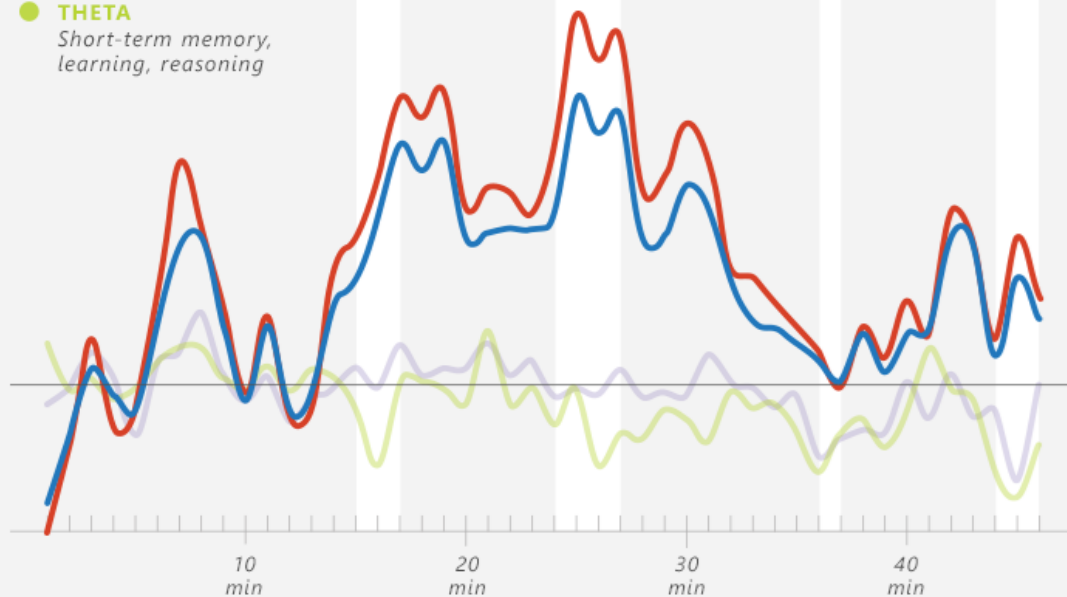
04



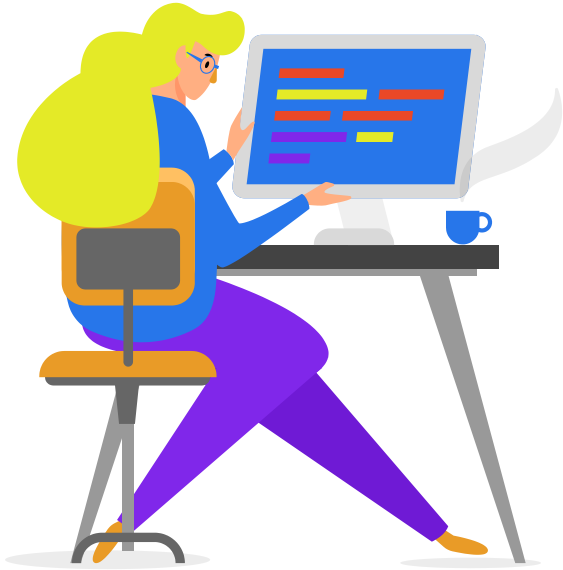
Brainwaves reveal sustained concentration in video meetings leads to fatigue

Source: Study conducted by Microsoft which monitored the brain activity of 12 people using physiological signal monitoring (electrophysiological monitoring method [EEG] & heart rate) April 4 - May 1, 2020.

- **GAMMA**
Integrating multiple senses & information
- **BETA**
Concentration, anxiety
- **ALPHA**
Calm, relaxed
- **THETA**
Short-term memory, learning, reasoning



Solutions that really work



01

You are in charge!

02

30 min chunks

03

Props & Digital tools

04

Paced learning

05

Inspiration - speakers

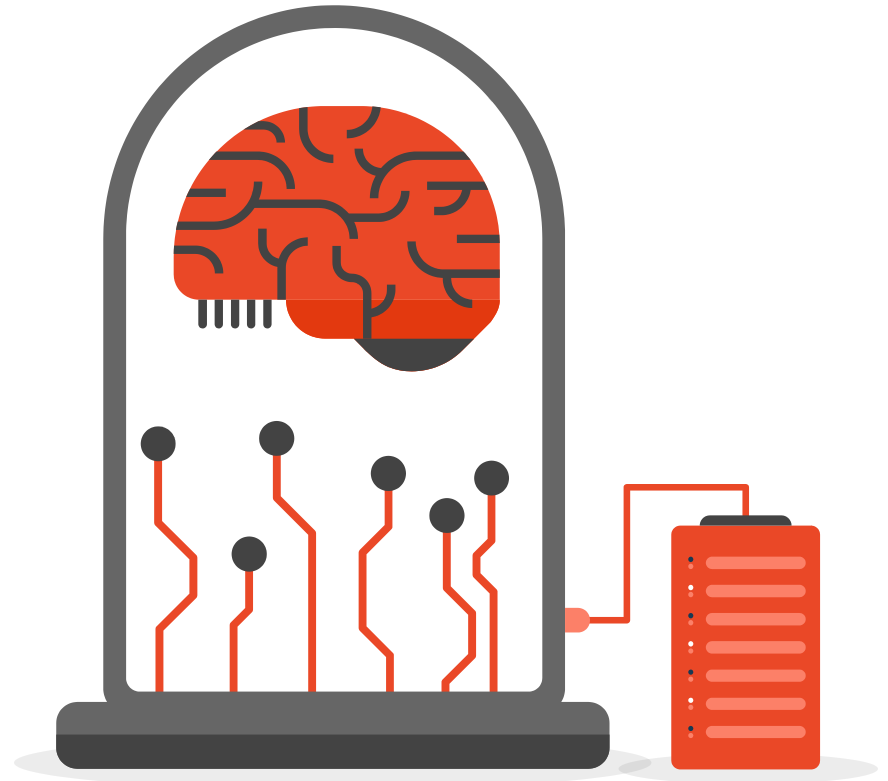
06

Inspiration - lecturers

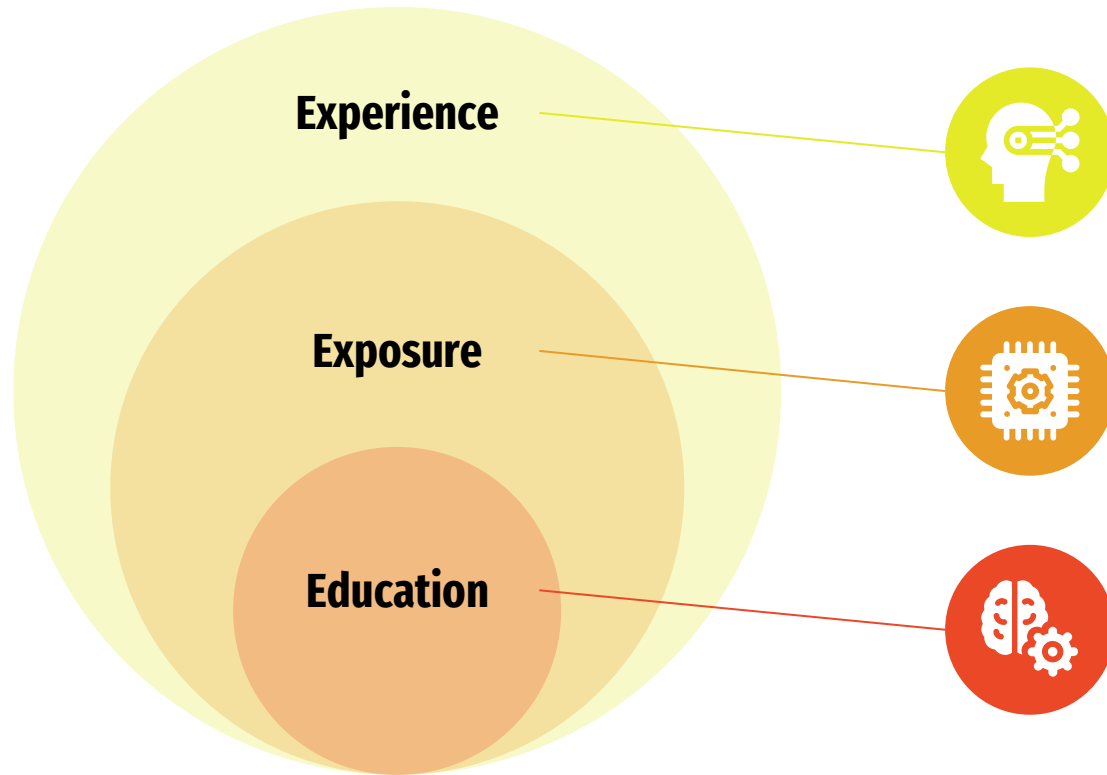
Bonus

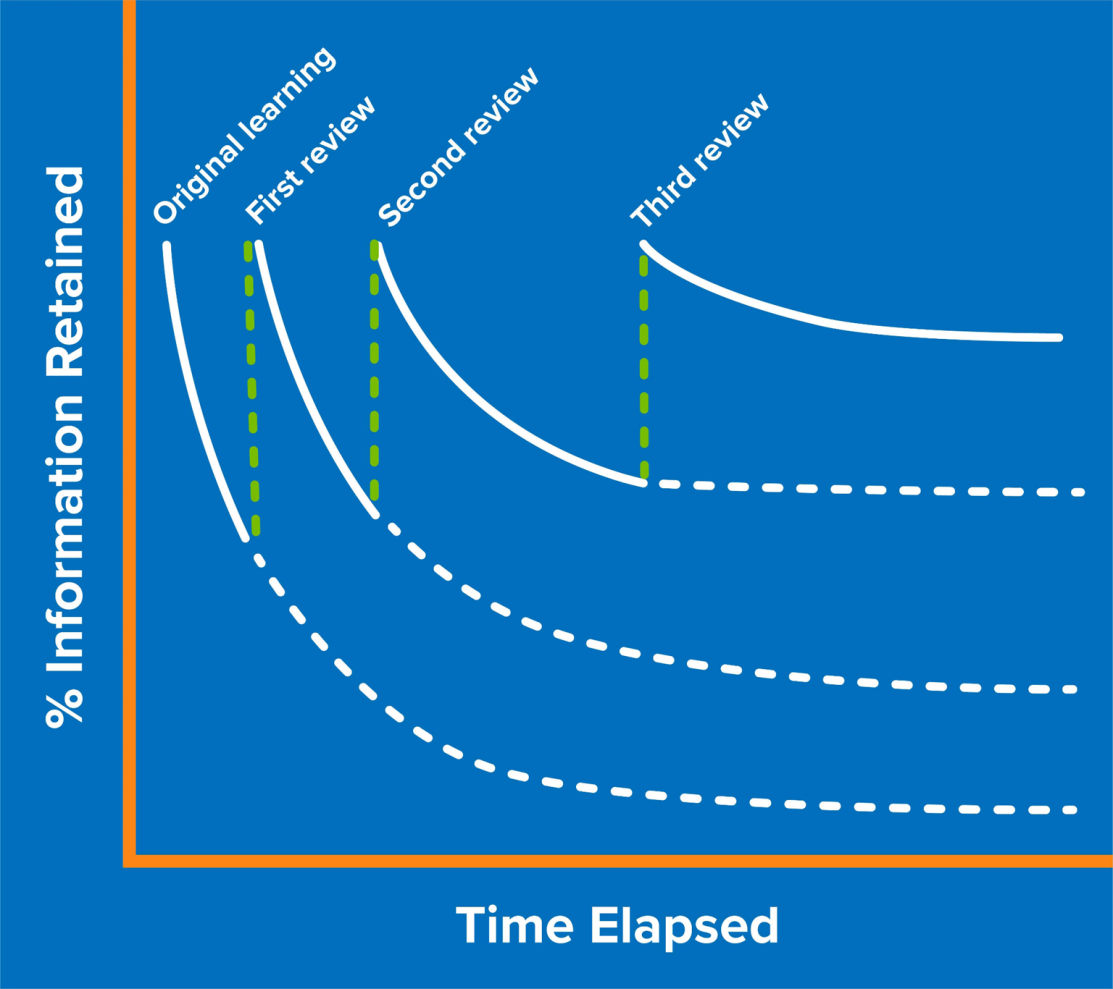
07

Co-design



What works





Many thanks

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