ELEARNINGNEWS ARTICLE

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Distance learning: lesser-known advantages

The pandemic highlighted some of the benefits of distance learning, especially related to the psychological well-being of students.

Education had to adapt to the challenges that emerged during the **COVID-19 pandemic**. As a result, more and more schools, universities or academies have been forced to choose the virtual mode. While eLearning was already on the crest of a wave, since 2020 it has become a necessity for many and a great discovery for others.

We have already spoken several times about the advantages of eLearning and distance learning. In this article, we will briefly discover other benefits which are not always mentioned but which the lockdown and the pandemic have highlighted:

1. Reducing stress

Distance learning can, in some cases, reduce mental health problems, especially stress. In fact, during lockdown, a study by the University of Bristol showed that, instead of increasing, anxiety decreased in 13-14 year old students. The school environment is not always 'welcoming', especially to shy or introverted pupils. Therefore, distance learning allowed a break from expectations and social anxiety.

2. Greater empathy

Despite the difficulties caused by the pandemic that led teachers and students to adapt to new technologies quickly, in many cases, this change led to more emotional attention being given to pupils. This climate of greater interest in pupils' psychological conditions has created an environment of mutual trust which will be useful when returning to the classroom.

3. Consolidating educational technologies

Video calls, virtual classrooms, chats and online material are now the order of the day. Obviously, traditional education has had to adapt quickly to these new modes, and has managed to consolidate educational technologies in a short time. This shift has allowed students and teachers to have access to new learning resources directly from home and, consequently, to improve student engagement.

4. Play as a form of learning and collaboration

The need to engage students at a distance led to the use of gamification and the ludicisation of study. These new forms of learning have been beneficial for those who tend to be bored in class but have also been an incentive to promote the social and collaborative power of game-based learning.

5. More involved parents

Work and children at home and difficulties increase. Yet, there are many parents who felt more involved in their children's education during the lockdown period and who will continue to show more interest in their youngest's learning. In addition, many have decided to make use of online tutoring platforms to enable their children to improve their knowledge in a particular subject.

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