

Learning from lecture recordings

Lecture recordings, which contain audio of the lecturer as well as either video or PowerPoint, are uploaded as a digital file to myCourses. They can be a powerful tool to **enhance** both your **performance** in the course and your overall **learning**.

Benefits of lecture recordings

You can access course content in **your own time**, whether because you missed a class, were disrupted while in class, or have different needs



Lecture recordings can help you **answer questions independently**, especially in classes where part of the lecture time is devoted to solving sample problems

You can **revisit material** as many times as you need to in reviewing for exams and writing assignments

Pro Tip

Watching lecture recordings can be draining. Check out this resource on [Managing Zoom Fatigue](#)

While in class, you can focus on **asking questions** and **engaging with the lecturer** (by connecting material from previous lectures or from readings, for example, or by being part of class discussions), and **use the lecture recordings to take notes on the content**



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Getting the most out of recorded lectures

Using lecture recordings to supplement your learning can be very advantageous. There are a few tricks that can be used to further **maximize the benefits of lecture recordings.**

Access to lecture recordings will be on the MyCourses page associated with your class.

If you are unsure or are having access issues, first consult the IT Knowledge Base.



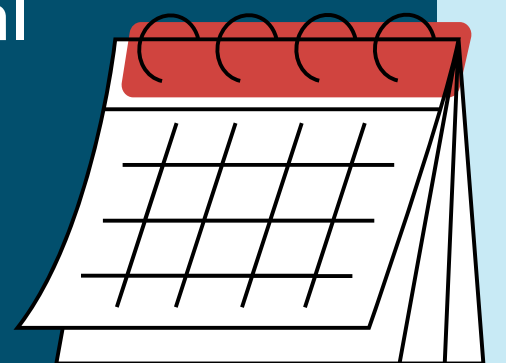
Recordings are usually uploaded within 24 hours of the lecture, and can be streamed from myCourses or downloaded to your computer (if instructors allow them to be downloadable).

Research indicates that students who use lecture recordings to supplement class attendance instead of to replace it get the most out of the recordings, often improving their class grades and retaining information better.



Try...

- Watching recordings within a few days of the original lecture to take notes or add to the notes you've already taken
- Watching sections you had trouble understanding again, or sections you couldn't catch in class
- Walking through problem sets or other assignments along with the examples and instructions given in lectures
- Watching recordings with a classmate and then discussing the material
- Using recordings as part of your study strategy before exams



For more strategies for preparing for exams, check out: [How I Learn Best](#) and [Exam Preparation](#)

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