thinkwithheart
A COMMUNITY OF LEARNERS

FREQUENTLY ASKED QUESTIONS

How do I know if Think with Heart courses are for me?

Are you interested in strengthening your relationships with your friends and family members? Do you consider yourself a caring person? Do you see value in discovering new things about yourself and others? Are you inspired to become more resilient? Do you want to learn skills for enhancing your well-being and overall joyfulness? Do you feel you have a natural capacity for connecting with others? Do you enjoy reflective writing? If you are answering "yes" to any of these questions, Think with Heart courses may be a good fit for you!

Am I permitted to take Think with Heart courses?

Girls who either attend Think with Heart partner schools or are involved with partner organizations are eligible to take courses. To learn more about the student selection process or to inquire about partnering with Think with Heart, please ask your advisor to contact Ms. Mary Ellis at mellis@thinkwithheart.org.

Will I be in a class with other students?

Yes, you will be progressing through the course with classmates and will find that you learn a great deal from each other. It is the diverse perspectives within each class that make Think with Heart courses intellectually engaging, meaningful, and unique.

What is a typical week like?

Weekly assignments usually include the following: watching at least one brief video, reading class notes that your Learning Coach has compiled, reading a brief article or two, and responding to discussion questions. Although you have flexibility to complete assignments when it suits your schedule, there are due dates each week for posting your reflections to discussion questions. The course discussions are an integral part of the learning experience, so it is very important to stay on track with your assignments.

What do I need, in terms of technology, to take Think with Heart courses?

You will need:
- Access to a reliable computer with internet access (and a browser that will play several common multimedia - video and audio – formats) and speakers so you can hear video.
- Microsoft Office or something similar (you will need PowerPoint and Word or a similar product).
- Virus protection software running on your computer.
- A printer (optional), if you like to read from paper vs. your screen.

How much time should I plan to spend on the courses?

Each section of CORE (and the coursework portion for The Listening Project) is 10 weeks long, and the weekly time commitment ranges from 1 to 3 hours per week. There are typically two assignments due each week.

What will help me succeed in Think with Heart courses?

Online courses require self-discipline. Since the course doesn't meet at a specific time, it is up to you to create the time and space to engage with the course material and your classmates. Here are a few tips that may help:

- Keep yourself on track and on time. Keep a record of what your assignments are and when they are due.
- Consider creating a routine or schedule for yourself for completing the assignments. Plan your work in advance.
- Be willing to ask questions if you feel confused about a concept or assignment. You can post questions in the Help Forum or email one of your learning coaches.

Who can help me if I have computer problems?

Think with Heart uses LearnDash as its online learning platform. If there is an outage with LearnDash, you will likely be notified via email. Typically, outages do not last very long. If you, specifically, are having difficulty with LearnDash, please send an email to Ms. Mary Ellis at mellis@thinkwithheart.org with a description of the difficulty you are encountering. If you are having general computer problems, please contact the Technology Coordinator at your school.

Will the online discussions be uncomfortable if I don't know my classmates?

In order to engage in Think with Heart courses, you'll need to be willing to post responses/ reflections in the online discussion forum, even if you don't know everyone in your section. But, we find that classmates who don't know each other well have great discussions! While it is fun to share classes with our close friends, it also adds interest to have groups who start out not knowing each other well. We think you will enjoy getting to know your classmates better throughout the course. And we will enjoy getting to know you!

What differentiates an online learning experience from face-to-face?

While there are several differences from face-to-face learning (the main one being online learners do not meet in a classroom), an advantage of online learning in a class like this one is that there is built-in time and space for reflection. You will have flexibility and time to process and integrate new knowledge, reflect on it, and express your point of view in a written forum-based dialogue. As referenced above, self-pacing and planning is especially important in an online course.

How do I sign up for Think with Heart courses?

There is not an official "sign up" for Think with Heart courses. Learning Coaches work with partner schools and nonprofits to select students to participate in CORE and/or The Listening Project. To learn more about the student selection process, please ask your advisor to contact Ms. Mary Ellis at mellis@thinkwithheart.org.

How much do the courses cost?

Think with Heart is a 501(c)(3) nonprofit organization, and generous philanthropic support enables Think with Heart to create and facilitate learning experiences to high school girls at no cost to them.

If you have general questions, please send your inquiry to info@thinkwithheart.org.