Effective Online Teaching is an essential resource that offers a clear understanding of how cognition and learning theory applies to online learning. This much-needed resource provides specific strategies for incorporating this knowledge into effective learner-centered teaching that gets results. The book includes strategies on motivation, tailored instruction, interaction, collaboration, monitoring and communication, time and information management, student concerns, and legal and ethical issues.

Designed as a text for online instructors, the chapters can be used for self-directed learning or in a formal training setting in concert with the companion Training Manual and CD.

"Tina Stavredes has done something sorely needed in the online teaching world #she has successfully combined solid theory and research with the practical application of instructor training. Both the book and the training manual are a 'must' for any online education organization. Bravo!"#Dr. Darcy W. Hardy, assistant vice provost for Technology Education Initiatives, University of Texas at San Antonio, and chair emerita, United States Distance Learning Association

"Drawing from years of experience and solidly grounded in an understanding of the adult learner and learning, Stavredes offers dozens of helpful instructor strategies, activities, and resources to support adult learners' success in an online environment. Effective Online Teaching and its accompanying training manual is a 'must-have' set for online instructors in higher education, corporate, and government settings."#Sharan B. Merriam, professor emeritus of adult education, University of Georgia, and coauthor, Learning in Adulthood
'An eminently practical book that provides clear and unpretentious explanations of the learning theories that are essential knowledge for every online teacher, together with equally uncluttered and easy-to-follow guidance about how to apply this knowledge to achieve excellent teaching.'

Michael Grahame Moore, Distinguished Professor of Education, The Pennsylvania State University, and editor, The American Journal of Distance Education

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**ABOUT THE AUTHOR**

Tina Stavredes is the chair of the psychology program in the School of Undergraduate Studies at Capella University, where she works to manage and train a high-performing team of online faculty. She previously served as Capella’s director of curriculum and was responsible for creating the office of Curriculum Development. Prior to joining Capella, Stavredes worked as manager of academic technology support for the University of Minnesota's College of Education and Human Development.

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