

## Distance Learning

### Audio Descriptive Text

Title: Professional Development 101: The Basics; Distance Learning. Image of PD practices: Sustain, Design, Promote, Deliver, Follow Up, and Evaluate. Image of CDC logo.

### Video Summary

Distance learning is a mode of delivering instruction using technology to individuals who are separated by time, distance, or both. There are two modes of delivery: synchronous and asynchronous.

### Audio Script

Distance learning is a mode of delivering instruction using technology to individuals who are separated by time, distance, or both. Distance learning technology has traditionally included methods such as mail correspondence courses or computer discs. Today, the most common delivery method is the Internet.

Like training and workshops, distance learning also has some variations. There are two modes of delivery: synchronous and asynchronous.

In **synchronous** delivery, instruction is conducted in real time. That is, all participants are present at the same time. Synchronous delivery most closely resembles a traditional classroom, despite the participants being located remotely. It requires an organized timetable and an instructor to be present. Participants can typically interact with the instructor, and they may even interact with each other.

In **asynchronous** delivery, instruction is self-paced. Participants access course materials on their own schedules and are not required to be together at the same time. Delivery technology includes video and audio recordings, discussion board forums, e-mail, and self-directed print materials.

Hybrid, or blended, learning is when synchronous and asynchronous technologies are combined.

This concludes our discussion of professional development offerings. In the next section, we will begin our exploration of the six professional development practices. First, let's take a minute to review.