Distance Education programs uses many different types of technologies to provide students with a varieties of avenues to successfully complete their coursework. Some of the most common kinds of technology are:

- voice-over Internet
- Internet interactive TV
- Wireless Internet
- Mobile laptop computing
- Personal digital assistants
- Web-conferencing
- Video-streaming
- Virtual reality
- and gaming environments

Most faculty reported that e-mail (81%), Internet lecture notes and assignments (79%), Internet- or Web-based discussion groups (68%), and telephone and voice mail (54%) helped to increase their productivity in teaching distance courses (Zhao, J. 2009). With email being the easiest for both teacher and student to use its not surprising its the most frequently used technology for online classes. Also posting internet lecture notes and assignments are convenience and easy for students to find answers to questions without waiting for teacher's respond.

Personally taking several online classes, I think the most effective form of communicating when taking distance education courses is through emails, web-conferencing and video-streaming of recorded lectures. Its easy for me to send assignment through emails or receive feedback through email. Also web-conferencing is extremely exciting and practical, I remember attending class in web-conferencing with my pajamas on and my son sitting next to me. Overall I enjoy the multiple technologies used to make distance education desirable, flexible, and super convenient.