



CREATE A DEDICATED STUDY SPACE

1

Create a dedicated environment for studying to begin associating the space with learning. More important than the location of the space is having consistent access to the space.

2

ELIMINATE DISTRACTIONS

From Netflix and social media to dishes piling in the sink, you'll be faced with many distractions which can easily derail your study goals. Consider turning your cell phone on do not disturb to avoid losing focus when notifications appear.

3

COMMUNICATE ANY CONTENT CHALLENGES WITH INSTRUCTORS

4

Share with your instructor any difficulties you may experience with course material. Faculty want to see you learn and succeed in their class.

HOLD YOURSELF ACCOUNTABLE

In face-to-face classes, you'll often receive verbal reminders of assignment due dates. Without these in-person encouragers, it's more important than ever to now create structure for your own time and tasks.

PREVENT PROCRASTINATION

5

Nothing makes a task harder than putting it off. Simplify for success by creating a weekly schedule for lectures and studying and choose to follow that schedule. When done consistently, you'll often find you have more free time!

6

AVOID AND MANAGE STRESS

Stress can be inevitable but compartmentalizing your concerns can make a major difference in how it impacts your academic goals. Choose a time to worry or think about your stressors so they don't dominate your focus.

7

KEEP YOUR ROUTINE

Although online learning can present flexibility, it also presents more responsibility. Treating asynchronous classes as if they were synchronous by setting specific times to do the work can help to ensure a strong routine.

8

USE YOUR RESOURCES

Even online, there are many virtual resources to take advantage of from the Academic Success Center, CAPS, the University Library System, and more!