

REMOTE LEARNING

Motivation tips



CREATE A SCHEDULE

Having an established routine will help you to stay on task and to complete your coursework while at the same time allowing time to enjoy the things you like to do. When creating a routine, the first thing you should do is to list all of the things you need to do. Then, prioritize them. Decide how many hours you will study each day and what you want to study.



SET SMART GOALS

SMART is an acronym standing specific, measurable, attainable, relevant, and time-based goals that you can use to guide your goal setting. Small and attainable goals will help you to avoid getting discouraged and overwhelmed. When setting goals, focus on your strengths and seek support for weaker areas. See SMART Objectives Worksheet to set your academic goals.

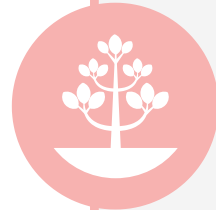


TAKE REGULAR BREAKS

Chaining yourself to a desk is not a recipe for success. Without taking enough breaks from studying, your motivation, productivity and physical as well as psychological well-being begin to suffer. Divide your study time into small sections (30-60 minutes). These breaks will help you to recharge yourself and boost your productivity for the rest of the day.

POSITIVITY IS KEY

Studying remotely might be challenging. There can be times when you find it hard to sit down to study. Check your self-talk and accept that studying is hard work. When you find yourself in negative thoughts, stop for a while, and take a deep breath. Look at your successes and turn that negative self-talk into something positive.



CELEBRATE SMALL ACHIEVEMENTS

Rewarding yourself is going to motivate you to do something that you don't really enjoy doing. Set your goals and reward yourself when you achieve the goal. Celebrate your successes, big and small. Examples of rewards could be sweets or something you really enjoy (surfing the web, watching a video on YouTube, taking a walk, or time for your hobby).



STAY HEALTHY

Take care of your mental and physical health to improve your academic performance. Give yourself enough time to give your body what it needs so that your brain can function well. Utilize self-care strategies such as eating healthy foods, drinking enough water, doing sport, or getting enough sleep (at least seven hours a night).

