



# ONLINE

## Studying Tips

### 1 DESIGNATE A STUDY SPOT

At home, distractions can be everywhere. With the dog running around, siblings fighting, and some parents working from home as well, it's important you find and designate a spot to yourself. Whether it is the desk in your room or the kitchen counter, make sure your spot will help you completely focus and stay motivated.

### 2 BE COMFY... BUT NOT TOO COMFY

To make sure you are ready for the day - put some time into your morning routine. This means freshening up, changing out of your pj's, working out or making a cup of coffee to start your day.

### 3 TAKE FREQUENT BREAKS

Make sure you don't lose focus, try getting up every 30 minutes. Whether it's a quick stretch or a 10-minute yoga routine, something that will get your blood pumping throughout your body, is better than nothing.

### 4 USE ONLINE SOFTWARE PROPERLY

If your classes are being held in an online virtual classroom like Zoom, keep in mind there are many different features you can use. Most importantly, remember to mute yourself so there isn't any background noise coming from you. Also, there is a feature on Zoom called "raise your hand". This alerts the professor or instructor and lets them know you have a question.

### 5 GET PROPER SLEEP

The recommended amount of a good night's rest is 7-8 hours. So, if you are not getting that amount of sleep, try heading to bed earlier. Not only will this keep your mind and body healthy, but it will help you in having better focus throughout the day.

### 6 SET DAILY GOALS

Knowing what you need to get done for the day, will make your life so much easier. If you have further responsibilities besides online learning, you could start by making a to-do list. Setting clear goals can help you feel motivated and beat procrastination.

### 7 TAKE NOTES DURING CLASS

Just like an in-person lecture, it is important to take notes during elearning. Taking notes can promote active thinking and helping you stay focused on the material that is being taught.

### 8 ENGAGE IN DISCUSSION

Involving yourself in a group discussion or asking questions helps you to be engaged in the content. This will make it easier for you down the road when it's time for a test or exam - you will know the material inside and out!

### 9 HAVE A SNACK

Having enough nutrients, your mind and body will function properly and give you the energy needed throughout the day. So, be sure to have a hearty breakfast in the morning that will keep you going for a couple of hours. Then, throughout the day you can have a variety of different snacks (nuts, fruits, veggie sticks, etc). Most importantly, remember to stay hydrated.

### 10 REWARD YOURSELF

If you do well on an assignment or test, treat yourself! Especially in a time like this, where many students had to switch to online learning without a choice must have been difficult. So, even if they are small successes remember that in the end, they will lead to big wins.