HOW TO BE SUCCESSFUL ONLINE

Online classes can take some getting used to. Here are some ways that students can optimize their learning and create an environment for success while learning online.

CREATE A WORK SPACE +

This will be your study area so make it work for you to help maximize your learning! Think about noise level, where you'll sit, possible distractions, light, etc.

Keep your space consistent. Having a designated space will help train your mind to focus while using multiple spaces can create distractions and unnecessary interruptions.

Have reliable technology. Being online is just that, online. Having unreliable internet and computer can cause disruptions in learning. Classes and studying can be stressful - don't let internet or computer troubles add to your stress.

Be prepared! Have what you need to be successful in your space. This includes books, notes, computer, charger, drink, snacks, etc. Having to stop what you are doing because you forgot something will disrupt learning.

CREATE A SCHEDULE +

Creating a schedule can help you focus and organize your tasks in an efficient way and it helps create good study habits.

Having a set schedule will keep your day structured and help you track everything you have going on. Mapping out a detailed schedule can help guide you to completing tasks on-time, avoiding procrastination, and being prepared. Also include breaks during your study sessions to help avoid losing concentration and maximize your focus while you are studying.

Breakdown your work.
Completing an entire research paper can be a daunting task. Breaking down what needs to get done into smaller chunks can lead to better focus reduced stress and anxiety and better time management.

Be detailed in how you breakdown your time. Instead of saying you will study for psychology, write down that you are going to read pages 45-60 and review key terms. Being more detailed and organized will help you to better utilize your time.

SET YOUR GOALS +

Knowing what your goals are can help you stay focused and motivated!

Create SMART goals for yourself. These are goals that are specific, measurable, attainable, relevant, and time bound.

Establish short-term goals: What do you want to get out of your studying? Identifying 1-2 goals for each session sets the tone for your study sessions and can motivate you to stay focused.

STAY ENGAGED

We would love to hear from you! Stay in contact with your professors about your classes and your Academic Advisor to check in on how things are going.

We are here to help! You might be online, but you are not alone. There are many campus resources available to help you succeed.

Get involved! Get to know others in your classes, and participate in the clubs, organizations, or activities that UND offers.

= SUCCESS!

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