

DISTANCE EDUCATION



Tips for Learning from Home



DEVELOP A ROUTINE

Wake up at the same time and engage in your usual routine. Then, plan out what you are going to accomplish.

This will help formalize your online educational experience and keep your work load from piling up.



AVOID DISTRACTIONS & TIME-BURGLARS

Make sure that when you're working, you are devoting your full attention to the task at hand.

Turn off the TV, put your phone in a different room, and focus on academic success.



SET UP A WORK ZONE

Set up a comfortable, well-lit area and designate it for school work.

Avoid working from the couch or bed - your brain might have a hard time adjusting from "work" mode to "relax" mode.

CREATE A HOMEWORK SIGNAL

Find something that signals "it's time to work." Doing something every time will make a pattern.

Play a certain song, take a short walk before homework, or stretch. Then hit the books.



OVER-COMMUNICATE

Ask your professor questions, double check due-dates, and participate in class meetings.

Being engaged will make everyone's experience more enjoyable.



HOLD YOURSELF AND OTHERS ACCOUNTABLE

Pair up with a friend, roommate, or someone in your class as an "accountability partner."

Help yourself and others stay organized, proactive, and self-aware.

