



# 10 Motivation Tips

## Online Learning – Study Guide

1. **Reward yourself for Achievements.** To avoid burnout, plan a reward after accomplishing a specific assignment. Small rewards on small accomplishments will help motivation.
2. **Physical activity, sleep and eat well.** Balance your online studying routine with regular physical activity, outdoor walks, good night sleep and eating. These are essential to recharge your body and brain.
3. **Balance personal life and studying.** Family and friends are important motivators. Keeping a balance between social life and studying are important to keep you recharged and on track.
4. **Check in Daily - No gaps.** Avoid opening even a small gap. Motivation is hard to maintain once you open big gaps. Spend time with your studies daily.
5. **Big things often have small beginnings.** Your degree is a marathon not a sprint. Accomplish small challenges gradually towards your big goals.
6. **Look at the big picture.** Take a step back and look beyond what you must do on a daily or weekly basis. Remind yourself your future goals for which you chose to study.
7. **Remember practice makes perfect!** Success is a process.
8. **Connect with Other Students.** Studying online can be isolating. Join or create an online group and look for IDC interactive groups, where you can all connect to discuss your studies and help each other.
9. **Know what motivates and demotivates you.** Recognize these factors and implement them in your studying plan.
10. **Ask for help/ Accept help.** Use IDC support services. Being a successful student is being able to find the resources you need to help you with your studies.