

# INTERNATIONAL SCHOOL OF ADVANCED RESEARCH STUDY

**International Institute for Policy Review & Development Strategies** 

#### STAY MOTIVATED WITH YOUR ONLINE STUDY

So you've decided to take some **college courses** – congratulations! This decision can be lifechanging, and we're here to guide you along the way. Our courses are designed to help you **succeed**, but staying motivated is perhaps the single most important element if you want to see your personal, professional, and academic dreams come true. Here are three tips for staying motivated as you work through your online college courses.

#### 1 Visualize the outcome.

Consider why you're taking college courses, and write down those reasons. What is 'your ultimate goal? Getting promoted at work? Finding a better job altogether? Earning a degree? Making your family proud?

If you visualize what you hope to ultimately achieve by furthering your education, and if you keep this goal in sight, you'll be more likely to stay motivated and focused. And even if you don't write them down, simply acknowledging your goals can serve as a powerful motivator.

# 2 Create a schedule that works for you.

This can help you avoid the out-of-sight, out-of-mind pitfall. Our **self-paced course**s makes it easy for you to study on your own terms – just be sure that you have a plan for completing your courses.

We have found that students who log in to their courses on a regular basis are much more likely to succeed, and every success will help you stay motivated and on-track to achieve your ultimate goals. Just one caveat: While it is important to log in to your courses regularly, you should schedule time for yourself, too, which brings us to the final tip.

## 3 Aim for adequate work-life balance.

If you let yourself become burned out or overwhelmed, you are more likely to lose sight of your goals and lose motivation. Particularly for **adult learners**, going back to school while raising a family and pursuing a career can seem overwhelming. Luckily, students can now take advantage of affordable, self-paced courses help alleviate this challenge, but don't forget to take a break periodically and focus on what's important in your personal life. So try to keep focused on your goals, and remember why you've decided to **go to college** in the first place—you've already taken the first important step by making that decision!

# BE POSITIVE, STAY FOCUSED

The notion that online courses are more popular among the more determined and academically better prepared members of the student population doesn't disguise the fact that, from time to time, we all need a little assistance to sustain our enthusiasm. Here are five ways to help keep you incentivised and engaged with your online studies.

#### 1 Small is beautiful

Short, high-intensity bursts of study are the best way of committing to memory. Log on regularly and keep in mind that taking regular breaks is also a crucial part of any study programme. Taking breaks can actually help you retain more information, as well as help you understand the bigger picture, as often the salient facts of the subject you are studying fall into place during the spells when you are relaxing.

#### 2 Schedule time

When you embark on your online study course, make sure you transfer all of your course deadlines to your regular weekly schedule. Block off periods on your calendar for online study sessions and treat them as totally inflexible appointments that you cannot change. Online study offers more flexibility than traditional alternatives, meaning you can organise your studies to suit your schedule. But make sure you also remember to block off some time for yourself, which is just as important.

#### 3 Get connected

Remember you're part of an online community. Connect with your fellow online students by logging on to the course discussion forum where you can post questions and share any challenges you may have come across. It's easy to use and can assist you as you plot your route through the course. It's also a means of chatting about the learning materials with your fellow students, getting your questions answered and solving problems. The tutors also post frequently, giving you the opportunity to offer feedback on the course work and teaching.

# 4 Stay focused

Focus on your goals for the future and remind yourself frequently why you are studying. Make a list of the reasons why you are taking the course and keep your aims at the front of your mind. Write your objectives on Post-it notes and stick them underneath your computer screen. Accountancy roles are crucial for businesses in all sectors - you could be advancing towards getting a promotion or finding yourself a better job. It's also a good idea to chart your progress, so you can see what you are achieving.

## 5. Be positive

Remember that, as you study, you're increasing your knowledge, developing practical skills and opening up new opportunities. Make sure you're getting a good night's sleep to help you stay awake and alert during periods of study. Eat light, healthy meals and snack on fresh fruit. Go for brisk walks to get a breath of fresh air and boost your endorphin levels. Aim to study when you feel most energised in order to maximise your learning potential.