

HOW TO STAY MOTIVATED IN A VIRTUAL ENVIRONMENT

CREATE A LIST OF GOALS

Creating a list of goals can help you stay on track while keeping your eyes on the prize. According to one article, "Setting goals helps trigger new behaviors, helps guide your focus and helps you sustain that momentum in life."

When making a goal list, create small steps you can achieve each week until you reach your target!

Read more about goal-setting here:
<https://positivepsychology.com/benefits-goal-setting/>



FOCUS ON YOUR LEARNING STYLE

Visual learners can sketch charts, graphs, and pictures in their notes to help remember ideas.

Auditory learners may benefit from re-watching lectures or reading aloud from textbooks.

Tactile/Kinesthetic learners can benefit from moving around while in class, taking creative notes, or making models of concepts.

What learning style are you? Find out here:
<http://www.educationplanner.org/students/self-assessments/learning-styles-quiz.shtml>



CONCENTRATION

What time of day do you feel most alert? When do you feel sluggish? Noting your energy levels throughout the day can help you identify when your peak study times are.

When you work on school during your "peak" times, your studying is likely to be more effective, and you will be less likely to get frustrated or discouraged by a heavy workload.

View more concentration tips here:

<https://uark.box.com/s/zopn4iu32pyqh6jua7k5v7emlarrop4u>



STUDY WITH FRIENDS

Studying with friends or peers can help motivate you to stay focused on class content - and you can ask your peers questions about the material!

If you want to join a study group for any of your courses, use this link and click 'Find a Study Group':

<https://success.uark.edu/tutors/tutoring.php>

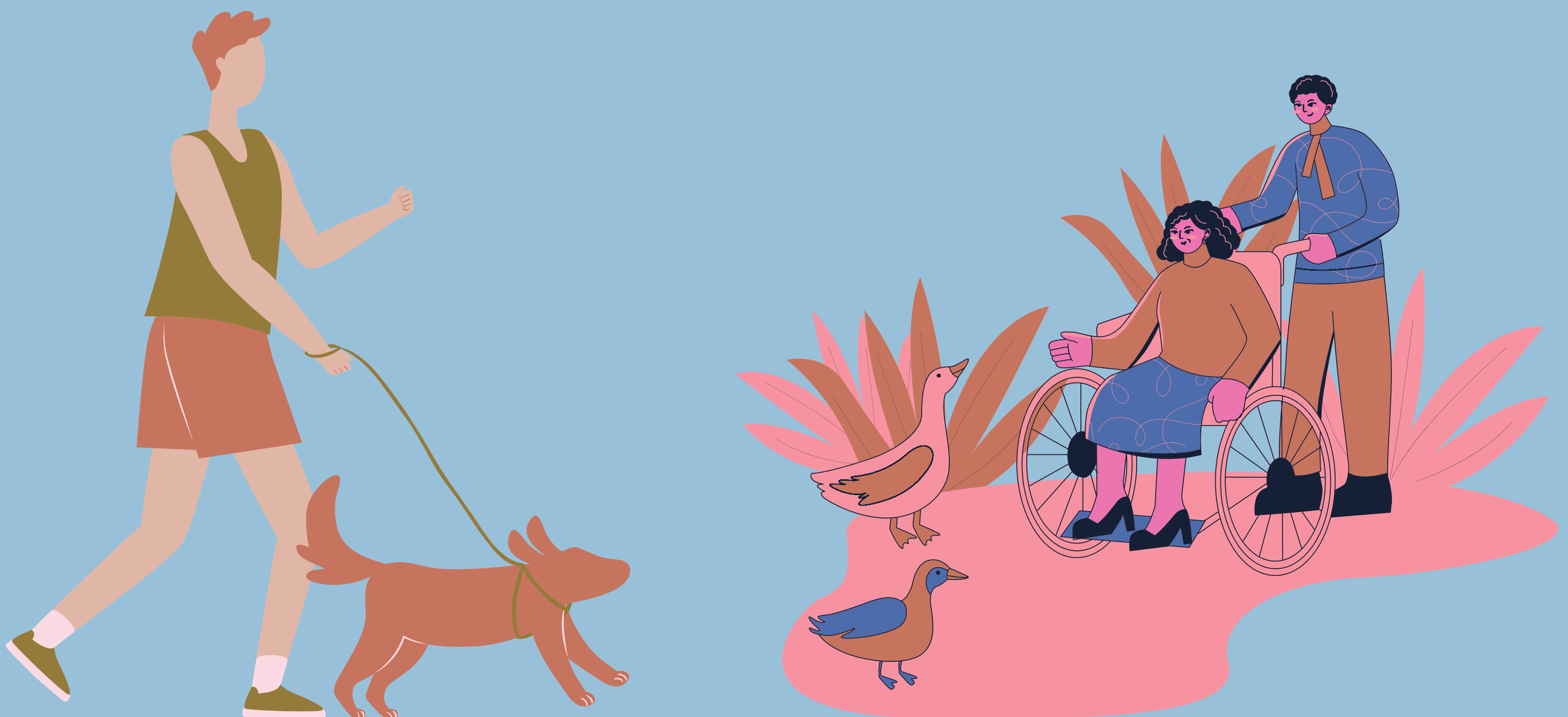


Remember that virtual study groups are always an option, but if you have a small group, you can study in-person too! Just be sure to always wear your mask and keep an appropriate distance.

GET SOME FRESH AIR

It may be tempting to get on social media after a long day of virtual classes - try taking a break from the screen instead. Take a walk outside to clear your mind, get some Vitamin D, and get a little exercise. Your eyes will thank you for the break from the screen, and it may be easier to pick up homework again after a small break.

You may be more motivated to learn when you don't feel so anxious - be sure you are taking time for yourself to relax away from the Zoom calls.





YOUR EDUCATION IS WORTH IT

Virtual Learning can be a challenge.
Hang in there!
Your future self will thank you.

