

10 STUDY HABITS OF SUCCESSFUL ONLINE STUDENTS

(adapted from <https://www.learnhowtobecome.org/career-resource-center/student-success-online-college/>)

1. CREATE A STUDY SCHEDULE

Like eating breakfast or working out at the same time, students who create a study routine and have the discipline to stick to it are able to study information over a longer amount of time. Try and mirror your usual class schedule as much as possible. Treat the hours of 9-5 as a school day, not “free time.”

2. CLEAR YOUR SPACE

While it may seem counterintuitive to take extra time to clean your room or office before settling down to study, a study by Princeton University found that people who keep their spaces clean are able to process information and focus better.

3. SHUT OFF TECHNOLOGY (Ironically!)

When you sit down to study, put your phone on silence and set ‘do not disturb’ messages on any online messaging services. This will help keep you from getting sidetracked.

4. TAKE YOUR OWN NOTES

When listening to a webinar lecture, don’t rely on getting notes from other classmates. We each have our own style of note-taking, and chances are you won’t understand as much of the information if you just read their notes rather than taking your own.

5. CONNECT WITH OTHER FOCUSED STUDENTS

No matter the facet of life, focused and successful people inspire those they’re around. Find a study buddy whose work ethic you admire and set up an online review session with them.

6. BREAK UP MARATHON STUDY SESSIONS

Instead of spending 10 straight hours cramming for that psychology exam, try breaking up study sessions into smaller segments. Your mental energy will thank you and you’ll find it’s easier to remember things.

7. TAKE UP BEDTIME STUDYING

Rather than catching up Netflix, take time to review your study notes about an upcoming test. Recent studies have shown that our brains are good at retaining information we take in just before resting.

8. ASK FOR HELP

If you’re studying and realize you don’t understand a concept or theory, reach out to your professor, your classmates, ACE for online tutoring with an ACE tutor or Smartthinking.com (all students were given a temporary account) as soon as possible for clarification rather than trying to go it on your own.

9. TAKE ADVANTAGE OF ONLINE RESOURCES

As shown throughout this guide, there are tons of apps to help students study, ranging from timed practice quizzes to flash cards. Use these to better prepare for an exam and get in the mindset of what to expect.

10. STAY MENTALLY AND PHYSICALLY HEALTHY

Online students are likely to spend more time at their computers than traditional learners, making it imperative to take breaks, go on walks, get the recommended amount of sleep, and eat foods that nourish their bodies.