

5 tips to help you stay motivated with online study

Online, remote or distance learning is different to learning on campus and we understand that it can be hard to be self-directed in your study in this difficult, unprecedented time.

Professor Blake McKimmie and **Associate Professor Jason Lodge** have put together some tips which can help you to keep motivated while learning remotely.



Professor Blake McKimmie
School of Psychology, UQ



Assoc. Professor Jason Lodge
School of Education and ITaLI, UQ

TIP #1 BE KIND TO YOURSELF



- It is [perfectly normal and OK to feel anxious, uncertain and unmotivated](#) in this difficult time.
- [Avoid the negative self-talk](#), give yourself permission to do something non uni-related like taking a walk outside.
- UQ has a range of online [events](#), [workshops](#) and [services](#) aimed at making and maintaining connections and improving academic, life and [wellbeing](#) skills.

Further info:

[Relaxation](#)

Headspace ([iOS](#) and [Android](#))

[Online workouts](#)



TIP #2 PLAN FOR SUCCESS



- Planning is important, particularly when [learning online](#).
- Make a to-do list with [achievable tasks](#) and set your own deadlines.
- Break large tasks down to smaller tasks which you are able to complete in under an hour.
- Reward yourself when you finish a task.

Further info:

[Familiarise yourself with key dates](#)

[Learning and Planning with Concept Mapping](#)

[Studying effectively for exams](#)

[Mindmeister](#)



TIP #3 MANAGE DISTRACTIONS

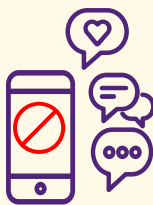


- Distractions have been [consistently shown to have a detrimental effect on learning](#).
- Turn your phone on silent or place it in another room.
- Temporarily turn off your access to social media with the help of an app – like Focus Lock ([iOS](#) and [Android](#)).
- [Be aware of what distracts you](#) and set boundaries.
- Listen to instrumental music to help you get in the zone, such as Spotify's [Focus](#) collection.

Further info:

[Student Life workshops](#)

[Time Management & Procrastination](#)



TIP #4 AVOID STUDY AVOIDANCE



- Sometimes getting started can be difficult. Promising yourself that you will work for 10 minutes can be a good way to get over the initial barrier.
- Set a timer for perhaps [25 minutes](#) and for that time stay on task.
- Have an 'accountability buddy' – someone to whom you [commit to working on specific tasks](#) and then check in with them afterwards.

Further info:

[Pomodoro technique](#)

[Student Life workshops](#)



TIP #5 MONITOR PROGRESS



- Monitor your progress and develop good strategies for learning over the longer term.
- Be open to trying new study strategies if you feel stuck, such as [reaching out](#) to [peers](#) or ask for help from your teachers.

Further info:

[Tips for collaborating online](#)

[Collaborative tools](#)



Remember, it is ok to feel challenged and confused. [Research has repeatedly shown](#) that difficult and challenging learning experiences are amongst the most impactful.

Focus on those things that you can control and remember to engage socially, which you can do through UQ's social channels and make sure that you check out Blake's study tip videos on Blackboard!