How to **Stay Focused** and **Study Effectively** for Your Online Courses

It's no secret that staying focused can be a challenge these days...

Between the rapidly changing news and the many distractions that come with completing your coursework online, staying focused and studying can be difficult. Below are some helpful tips to clearing your mind, staying focused, and studying effectively.

Engage Your Mind
Study while listening to your favorite music, ask yourself questions, and take creative notes.

Do One Thing at a Time
Research shows that multi-tasking reduces the brain's ability to store new info, so avoid switching between tasks.

Print Out Your Materials
The internet can be a big distraction, so printing out what you need to focus on can help you retain the content

Create a Schedule
Maintaining a consistent study schedule is vital. Finding a way to keep up with the course material on your own time is key.

Take Notes on Lectures
With a pen and paper, take notes on your online lectures. Handwritten notes increase your retention of the material.

Make Friends
Try to establish connections with other online learners. Studying together and sharing your challenges promotes support and engagement.

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