

Strategies for staying motivated during independent study

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In recent years, the way we approach education has seen a dramatic shift, with [online learning](#) becoming more prevalent than ever before. For many students, this transition to virtual classrooms has required a significant adjustment in terms of study habits and discipline. Whether you're enrolled in an online school or taking online courses, mastering the art of independent study is crucial for success. To help you make the most of your online learning journey, here are some valuable strategies and key habits that can help make independent learning more effective when you attend an online school.



Let's take a look!

Creating a study space at home

Creating a study space at home is key when you attend an [online school](#) and study independently from home. Here are some tips for creating a successful study space:

- **Choose a quiet location.** Finding a place in your home where you can concentrate and not be distracted by noise or other activities is important.
- **Make sure the space is well-lit and comfortable.** You'll spend a lot of time in your study space. Good lighting is crucial for reducing eye strain.
- **Stock the space with supplies.** Ensure all your supplies are within easy reach, including paper, pens, pencils, highlighters (and some good snacks).
- **Keep the space clean and organised.** Keep the area neat and tidy to help yourself stay calm and focused while working.



Time management strategies for independent study

There is no one-size-fits-all approach to time management for studying independently from home when you attend an online school. But, some general strategies can help you maximise your time and get the most out of your independent learning experience.

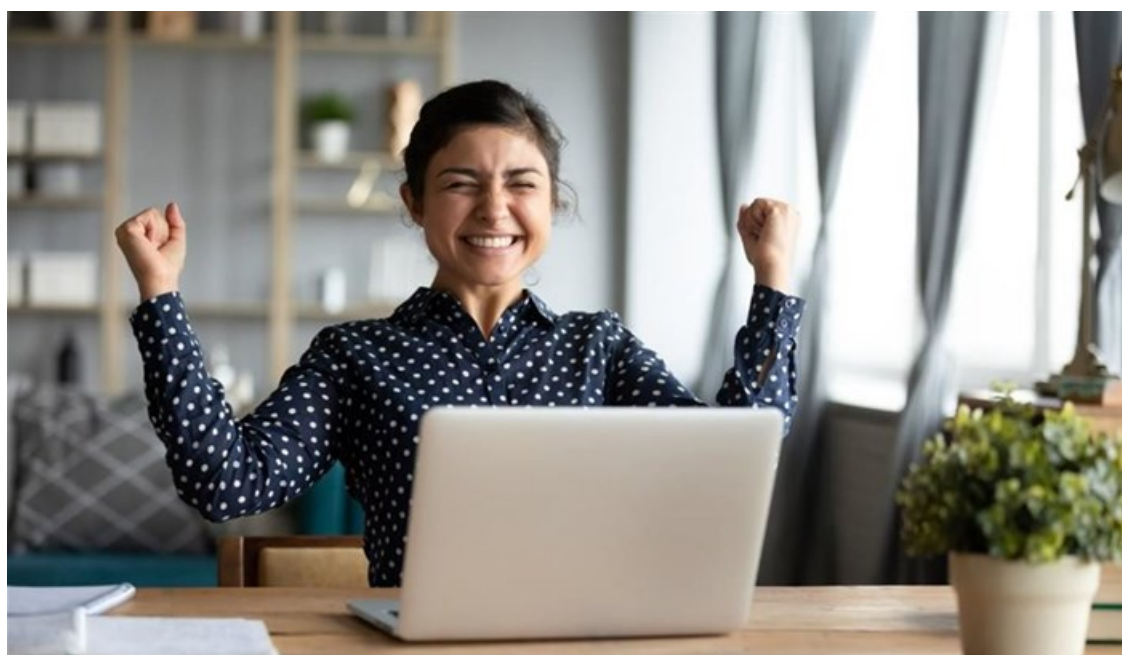
- **Create a schedule and stick to it.** This will help you ensure you spend enough time on each subject and can also help prevent procrastination. It is also important to break down tasks into smaller, manageable pieces so you don't get overwhelmed.
- **Set deadlines for yourself.** This can help keep you on track and motivated and give you a sense of achievement when you reach your goals.
- **Remember to take breaks!** Studying for long periods can be mentally and physically exhausting, so giving yourself time to relax and rejuvenate is essential.
- **Seek Accountability.** While independent study is self-directed, seeking accountability from others can be a powerful motivator. Share your goals with a friend, family member, or mentor who can periodically check in on your progress and provide support and encouragement.



Effective study habits for independent learning

There are some general tricks that can help anyone study independently from home.

- **Take effective notes.** Taking effective notes can be a powerful tool to help you retain information and stay engaged with the material. Although Think Digital provides you with an awesome, comprehensive set of study notes for each subject each term, ensure to jot down important concepts, ideas and key terms as you go along while listening to the lessons.
- **Active reading.** This means not skimming through texts but also highlighting key points, making notes in the margins and even expanding on your printed summaries after each chapter.
- **Utilise Technology Wisely.** Leverage technology to enhance your independent study experience. There are numerous apps and tools available for time management, note-taking, and organizing your materials. These can help you stay organized and motivated throughout your study sessions.
- **Practice, Practice, Practice.** Regular practice quizzes are essential for solidifying your understanding of the material. By testing yourself, you can identify any areas that need further review.



Overcoming challenges and staying motivated

In any journey towards success, there will be challenges and obstacles to overcome. Independent study can be a rewarding and intellectually stimulating endeavour, but it also comes with its fair share of challenges, particularly when it comes to staying motivated.

Here are a few tips for overcoming challenges and staying motivated:

- **Set realistic goals for yourself, and break them down into small, manageable steps.** This will help you stay on track and avoid feeling overwhelmed.
- **Stay positive and focus on your long-term goals.** Remember that setbacks are temporary and that you are in control of your success.
- **Find inspiration.** Seek inspiration from various sources, including books, podcasts, TED Talks, or role models in your field of study. Learning about the accomplishments of others can reignite your passion for your subject and inspire you to keep pushing forward.
- **Take care of yourself physically and mentally.** Get enough rest, exercise and eat healthy foods to maintain energy levels.
- **Ask for help.** There is no shame in admitting that you need assistance to achieve your goals.
- **Reward yourself.** Set up a system of rewards to celebrate your achievements, no matter how small. Rewards can

serve as powerful incentives to keep you motivated. Treat yourself to something you enjoy after completing a challenging study session or meeting a specific milestone.

- **Celebrate your successes.** This will help keep you motivated and remind you of why you are working so hard in the first place.

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