

10 Study Habits of Successful Online Students

1. 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.

2. BREAK UP MARATHON STUDY SESSIONS

Instead of spending 10 straight hours cramming for that upcoming 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.

3. CREATE A STUDY SCHEDULE

Like eating breakfast or working out at the same time every day, students who create a study routine and then to stick to it can study information over a longer amount of time instead of staying up late the night before.

4. CONNECT WITH OTHER FOCUSED STUDENTS

No matter where you are in 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.

5. CLEAR YOUR SPACE

While it may seem odd to take extra time to clean your room or office before settling down to study, studies show that people who keep their spaces clean are able to process information and focus better.

6. SHUT OFF TECHNOLOGY

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.



7. 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 notetaking, and chances are you won't understand as much of the information if you just read their notes rather than taking your own.



8. ASK FOR HELP

If you're studying and realize you don't understand a concept or theory, reach out to your instructor or classmates as soon as possible for clarification rather than trying to go it on your own.



9. TAKE ADVANTAGE OF ONLINE RESOURCES

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 important to take breaks, go on walks, get the recommended amount of sleep, and eat foods that nourish their bodies.

