PREPARE STUDY ENVIRONMENT

ELIMINATING DISTRACTIONS

1. Separate study areas from relaxation and noisy areas (avoid studying in bed)
2. If possible use a separate desk for studying

OPTIMIZING YOUR STUDY SETUP

1. Comfortable seating
2. Proper posture
3. Proper lighting
4. Minimize clutter on the desk

PSYCHOLOGICAL TRICKS TO HELP YOU BOOST YOUR FOCUS

1. Creating a study routine
2. Using visual reminders

Focus

A bad place for studying

"Online learning is not the next big thing, it is the now big thing"

Donna J. Abernathy

An optimal place for studying

TIPS AND TRICKS FOR EFFECTIVE ONLINE LEARNING

OR
HOW TO SURVIVE ONLINE LEARNING

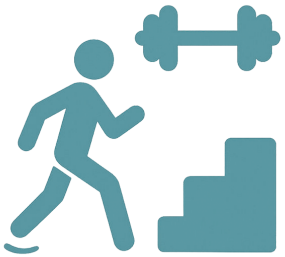
PREPARE YOURSELF

- Create a dedicated study space

-Stick to a routine

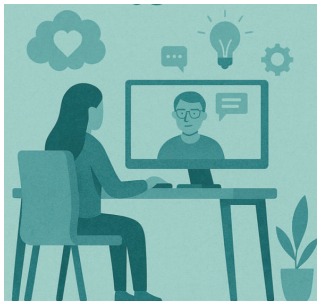
-Limit distractions

-Stay physically active



-Take care of your mental health.

-Seek help when needed



-Take breaks

Good luck on your journey of online learning

WE HOPE THIS BROCHURE WILL BE HELPFUL TO YOU

University of Mitrovica "Isa Boletini"