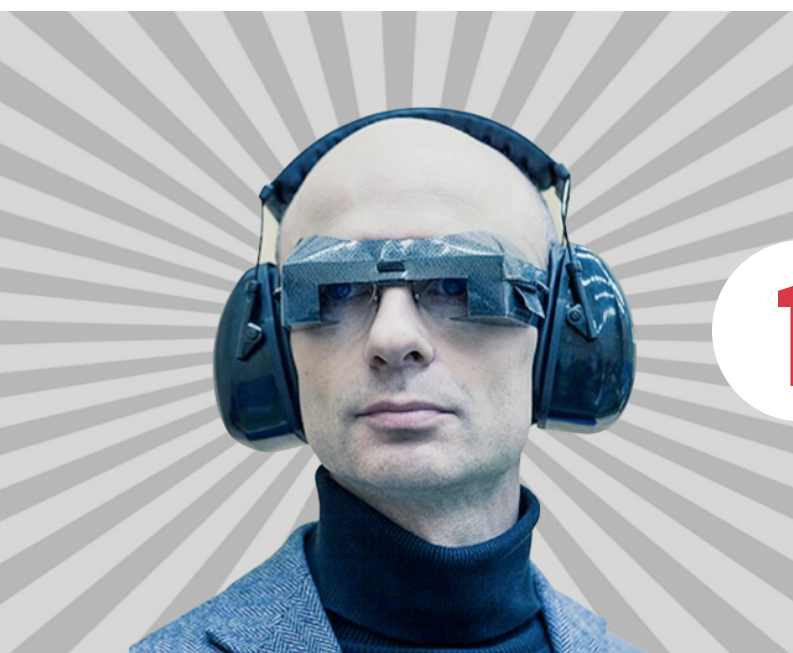


Online Learning Strategies

Tips for getting the most out of the Study Hacks Masterclass



1

Clear away distractions

Before you sit down to start watching the videos, eliminate any distractions from the outset.

Put your phone away from your body (preferably in another room), close any unnecessary tabs, etc.

Take breaks

Every 20-30 minutes take a short break. Get up and move your body in some way. Go outside and look up at the sky. Play with your pet dog or cat.

Taking short breaks can help you stay focused and motivated.

2



3

Get involved

Participate in discussions and engage with other students from other schools around Australia.

You may gain some valuable insights from other students.



Celebrate small wins

When you finish watching a video or test out a new strategy, tell yourself "Good job!".

Give yourself plenty of encouragement. You are investing time and energy into improving the way you study. This is a good thing!

4



5

Ask for help

If you have any questions, don't hesitate to reach out.

You can post a question in the comments box, Q & A section, or email Dr Jane directly (see email below).

