

Tips for staying motivated while working from home

1. Find a motivating workspace

Your capacity for learning is directly affected by the setting in which you access your online lectures and learning materials. That means the space around you should be comfortable, free of distractions and support your ability to think, question, and reflect as you watch, listen, or read.

Your [Library](#) offers specific advice on how to prepare yourself to study effectively online. Here are just a few examples:

- [Patterns](#) for study success
- [Exam preparation](#) must start early
- [Efficient reading strategies](#) to save time
- A study planner is essential
- [Useful study notes](#) are a lifesaver
- [Staying motivated](#) from start to finish

2. Stay connected with the University community

Effective learning takes place within a community of students, teachers, tutors and support staff who are willing to interact with each other. The quality of your online experience will depend on how willing you are to engage with your learning community.

Consider setting up or joining online groups with other students in your tutorials or course units to chat about course content and share ideas. Use online [tools](#), such as [Zoom](#) and [Google Hangouts](#) to read, listen or watch course videos with your study group or classmates. You will be able to discuss the content and learn from one another. For more detailed advice, visit: <https://www.monash.edu/students/study-resources/programs>

3. Stay connected with your host supervisor and your team

It will be vitally important that you maintain regular online meetings with your supervisor to build a relationship and ensure you feel comfortable to ask questions and make sure you're on track.

Your host will work with you to establish a routine and provide the technological tools you will need to complete the tasks. Your host will be encouraged to include you in team meetings and key activities to enable you to build your network. Your success in establishing industry contacts will largely depend on your willingness to engage in these activities and reach out to team members.

4. Seek help early and often

Online education can actually make it easier to speak up, ask questions and get help. For lectures you will have access to Moodle forums and other opportunities to contribute to discussions and ask questions online. Additionally, your Library offers a [virtual drop-in service](#) to help you understand and complete your assignments throughout the semester.

5. Be a self-directed learner

Whether you attend a classroom or access a Moodle module online, your capacity for learning depends on your commitment to being a self-directed learner. That means, your instructors are not the centre of your learning environment. Instead they are facilitators who guide and support your learning journey.

This will require you to plan and practice independent learning strategies, such as time management, setting daily goals, asking questions, and reaching out for help when you need it.

One way to start is to get in the habit of setting [SMART learning goals](#) for every unit and every assignment.

6. Reward yourself often

Self-care is especially important right now. All work and no play can lead to burn out fast. Reward yourself whenever you achieve mini-goals such as completing an assessment, completing your reading for the day, or finishing a Moodle module.

A system of rewards can range from a short break to watch your favourite TV show, to taking a walk outside, or using your favourite socialising app as a reward, instead of a distraction. Taking time off to celebrate your achievements will go a long way toward keeping you motivated.

Important! Your mental health and wellbeing is a top priority. If you find yourself experiencing loneliness or depression, the university [staff and resources to help you](#). Let someone know and don't go it alone.