Motivating Yourself in a Hybrid Semester

#1 Engage & Connect with Others
- Engage in discussion boards, chats, study groups
- Email professors
- Schedule phone calls or virtual meetings

#2 Manage Your Own Learning
- Structure your schedule
- Set up a plan for managing larger projects
- Do work each day even if there is not an assignment due; this create flexibility if unexpected needs arise

#3 Set Reasonable Goals
- Develop concrete and measurable goals
- Get specific (it will increase your persistence to completion)

#4 Stay on Track
- Think and identify what will make it difficult to stick to your goals
- Make concrete plans for dealing w/obstacles

#5 Establish Positive Routines
- Be realistic about your time
- Set a consistent schedule that works for you
- Share your schedule and plans with others and ask for accountability
- Avoid the “do it whenever you can” approach; do a little each day, every day