



Online Student Success

BMS COUNSELING DEPARTMENT

9 WAYS TO BE SUCCESSFUL

Treat your online class like a real class!

- “Show Up” for class, this means don’t put work off until later, or it will pile up.
- Treat your class like it is a job you must complete before you get paid
- Show up with a good attitude and get to work.



Hold Yourself Accountable

**Wake up
motivated.
Nothing works
unless you
work. Nothing
changes unless
you change.
Dominate the
day.**

Author: @tonygaskins
Made by @thegoodquote

Set Goals & Check in frequently

Set Reminders for upcoming Due Dates & plan time to make sure you've allotted enough time to complete the work.

Pair up with another classmate and remind each other when to work on things.

Be organized, proactive, and self-aware

Practice Time Management

Create a Daily Schedule to Follow

Set Reminders for yourself

Try Time Blocking- allot yourself a certain amount of time for each task. Set a timer to keep you accountable

Check in daily to make sure you are meeting deadlines.

Make a daily to do list



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Create a regular study space & stay organized



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Set up a dedicated learning environment for study. Find what works best for you.

Make sure you are comfortable and will be able to sit for your study duration

Have headphones to listen to lectures

Know exactly where important paperwork is

Set up a calendar with all important dates.

Eliminate Distractions



You will be faced with many distractions that can easily derail your studies.

Find a Strategy that works best for you, you can listen to music, find a quiet study space, turn your cell phone off, only open websites for study and avoid surfing the web.

Avoiding Distractions will help you be more successful in your online learning.

Actively Participate

Engage in class discussions online

Ask Questions

Check in as often as you can

Set a goal to check class discussion threads every day.

If you feel like you are falling behind speak up, don't wait until your assignment is due to speak up.

Email your teachers and be proactive in asking for help!



Practice Practice Practice

Don't give up when you don't understand. It takes Practice to understand new concepts.

Keep Practicing

Rewatch videos

Reread content

Practice will help you feel confident in the materials provided!

“Practice isn't the thing you do once you're good. It's the thing you do that makes you good.” - Malcolm Gladwell

Stay Mentally & Physically Healthy

You will be spending a lot of time on your computer, it is really important that you stay healthy. Remember to:

Take breaks,

Go on walks- It's important to move,

Schedule your distractions,

Get the recommended amount of sleep, and

Eat foods that nourish their bodies.

