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9

TIPS To Stay Focused When Learning From Home

There are real benefits
to remote learning
but there are also big
challenges to
overcome.

Here are 9 tips to make your
learning-from-home experience
as productive and successful as it
can be.

1

Don't Feel Overwhelmed

Making your bed every morning can have a bigger impact
than you think. It sets the tone for the entire day and puts
you on a productive mindset.



2

Stay Engaged While Studying

It's tempting to turn on the radio or the television. Don't do it. Be the best online learner that you can be.

Put the effort into your studies and you will be rewarded for it. Ask household members not to interrupt you during your online classroom hours.

3

Stay Motivated

You have to motivate yourself for your own personal satisfaction. Remember what a motive is: A motive is an urge inside of you, based on your desire to accomplish, earn, achieve, or obtain something.

Maintain Self-Discipline and Self-Motivate Yourself. Set goals for yourself and work towards them.



4

Don't study online from your bed

Bringing school work into bed can mess with your sleep and hurt productivity. Keep your mind off sleep by taking your work out of the bedroom and into a separate, organized workspace.



Staying focused when studying online is not easy. Sometimes it takes a little extra effort. Concentrate on one task at a time.

5



Have a to-do list

Before you begin your work, write down all the tasks you need to do for the day. This helps you stay organized and focused on what needs to be accomplished.

6

Learn the New Technologies Needed

Get familiar with the online classroom and any other technologies that are new to you. Keep an open mind and feel afraid to ask for help



7



Be Creative With Your Workspace

Not only does your workspace need to provide a certain amount of privacy and be free of distractions, but it needs to reflect your personal style.



8



Give yourself breaks

When your focus starts to wane, have quick breaks, whether it is to grab coffee and doughnut, listen to your favorite podcast, or go for a quick workout. You'll come back energized for a new task.

I schedule tasks throughout the day, with breaks in between.



9



Cut yourself some slack

Learning from home can be a big transition and you might feel like you're not getting anything done at first. Don't worry; you'll get the hang of things soon. Go easy on yourself.





Have the confidence to know that you will get through this tough first stage and find success sooner than you think.

Written by Kirby Allen | Content Contributor at [CyberTakes.com](https://www.CyberTakes.com)