

# Top 10 study tips for distance learning

## 1 Get prepared and make a plan

Distance learning is self-paced. This means aside from assignment and exam dates, there is no set schedule. So it is up to you to set your timetable.

## 2 Organise your study space

There's no right or wrong place to study - if it works for you, that's great. What's important is that you choose somewhere that's reasonably private and free from interruptions.

## 3 Get familiar with your course pages

Take the time to explore your online learning environment as soon as you can. Then if you have any questions you can find out the answer before your course work begins.

## 4 Discover your learning style

Each of us has a preferred way of learning. You may learn best visually, by listening, by reading and writing, or by doing.

## 5 Set study goals

Students who set goals and stick to them are more likely to stay motivated and achieve success in their studies. So, if you haven't already done so, set some study goals.

## 6 Review your work regularly

Reviewing your work regularly will help you recall it when you need the information, such as when you are sitting an exam.

## 7 Ask for help if you get stuck

All students get stuck at times – that's normal. Just remember to talk things over, ask yourself questions, use glossaries and dictionaries, and ask your lecturer/tutor.

## 8 Stay motivated

Academic success is a combination of skill and will. That is, what you know and how you apply yourself. The more motivated you are, the better you'll apply yourself.

## 9 Think positively

What do you say to yourself or to others about yourself? Give yourself positive messages. For example: 'I can succeed', 'I'm good at ...', 'I passed my previous assignment so I can pass this one too'. Make a list of things you've done successfully in the past. Think about how you achieved those things and use those techniques again.

## 10 Look after yourself

If you don't understand new information, sometimes you'll feel bad and may think it is your fault. This can be a barrier to your understanding. When you feel like this stop and take a break. This will help your emotions take a step back, and give you the chance to clear your head.

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