



Motivational Management

Mastery Self Talk

Your wiliness to master the learning is critical for your success in online. Below are strategies successful online students use to master their learning in an online course

01

Persuade yourself to master course content

Persuade yourself to keep mastering the content.

02

Challenge yourself

Challenge yourself to finish the online learning tasks thoroughly so you can truly learn from it.

03

Self-talk

Tell yourself that you should keep learning to increase your knowledge and experiences.

RESOURCES:
4 Steps to Managing Your Self-Talk
The Self-Talk Struggle Is Real