

# Motivational Management

## Effort Regulation

Online learning is challenging to many students. Successful online students regulate their effort and use the following strategies to manage their effort.

01

### The purpose of college is to learn

- You cannot fully learn if you skip readings, videos, discussion activities etc

02

### Studying is more than simply preparing for exams

- Read books and other assigned materials.
- Watch tutorial videos.
- Organize notes.

03

### Work hard and stay motivated

- Hard work strongly influences learning and grades
- Don't give up easily, even if you earned a D on the first exam

04

### Avoid excuses for your performance

- Figure out what went wrong, seeking help when needed