

# 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

## Work hard to do well

Work hard to do well even if you don't like what you are expected to do.



02

## Complete the assignment or activity

Complete your assignment or participation in an online course even if course materials are dull or uninteresting.

RESOURCES:  
Seeing Is Believing: The Power of Visualization



03

## Be persistence

Be persistent even if learning progress is slow or the task is challenging to complete.

RESOURCES:  
How do you reward yourself after finishing?



04

## Do your best to meet the learning goals

Do your best to achieve what is expected of you in an online course.

RESOURCE:  
Staying Motivated