LEARNING ONLINE
staying motivated

You had to leave campus and your friends abruptly, and now you're stuck at home taking classes sat/unsat. How do you stay motivated to learn through the end of the semester?

- While this may not be possible for everyone, try to see your courses as a source of stability rather than as solely an obligation. In a time of uncertainty, your courses can add structure to your day and a meaningful distraction from current events.
- Set up an accountability structure. Use family, study groups, friends, and the Academic Resource Center to help you overcome your urge to dive out of work.
- Remind yourself why you chose your courses, your concentration, and Harvard as the place you wanted to learn. While you may not enjoy every lecture or assignment you're given, you chose these things over others for a reason. Reminding yourself of those reasons can help you reset.
- Identify one thing you want to get out of each course you're in. Write it down on a sheet of paper, and put it up by your workspace. It could be functional ("I need to pass this class for med school apps") or developmental ("I really want to understand international politics"). Turn to this list when you're feeling unmotivated.
- Keep a daily schedule that balances work, wellness, and digital social time.
- Try to have fun. Connect with what you love about learning, and focus on assignments that capture your interest and passion.