



Tips to Remember



If you're thinking about taking university courses online, here are some tips to help you prepare:

Be clear about your goals •

What is it that you want to get from your university experience? Plan how you will achieve those goals, including what preparation you might need to do like brush up on some technical or writing skills. Think about how you might handle any challenges that occur.

Make a realistic study schedule •

Review the syllabus for each of your courses and plan what you need to do to stay on top of your studies and meet those assessment deadlines. Consider how you will fit this into your life and remember that this is your schedule, and this is about meeting your goals. Everyone's journey is unique.



Brush up on study and time management skills •

There are lots of free online resources available, including schedules and apps to help you organize your time. Athabasca University's [counselling services](#) website has links to lots of them.

Athabasca University is also offering a free "[learning to learn online](#)" course, starting May 25, and an express version for teens, starting June 1.

Assess your available time •

Each online course will require at least 12 hours per week of your time (two hours a day, six days a week). Make sure you have enough time to set yourself up for success.

Create a study space that supports your success •

Minimize distractions such as your cell phone or browsing the internet, and ensure you are sitting comfortably with good lighting. If you don't have a dedicated study space then ensure you focus when you are studying, and put your materials away when you are not.

Make sure you are well supported •

University study will feel different than your high school or college experiences as you are more in control of your schedule and your learning. This means you may also need to ask for help at times. Get to know the support services that are available to you, and don't be shy about asking for help when you need it. Share your goals with friends and family, so that they can support you too.

Remember that you are not alone •

Whatever you might be feeling about coming to university and studying online, remember that there are tens of thousands of other students at AU just like you. Use available [information and resources](#) and online social spaces to reach out and connect.