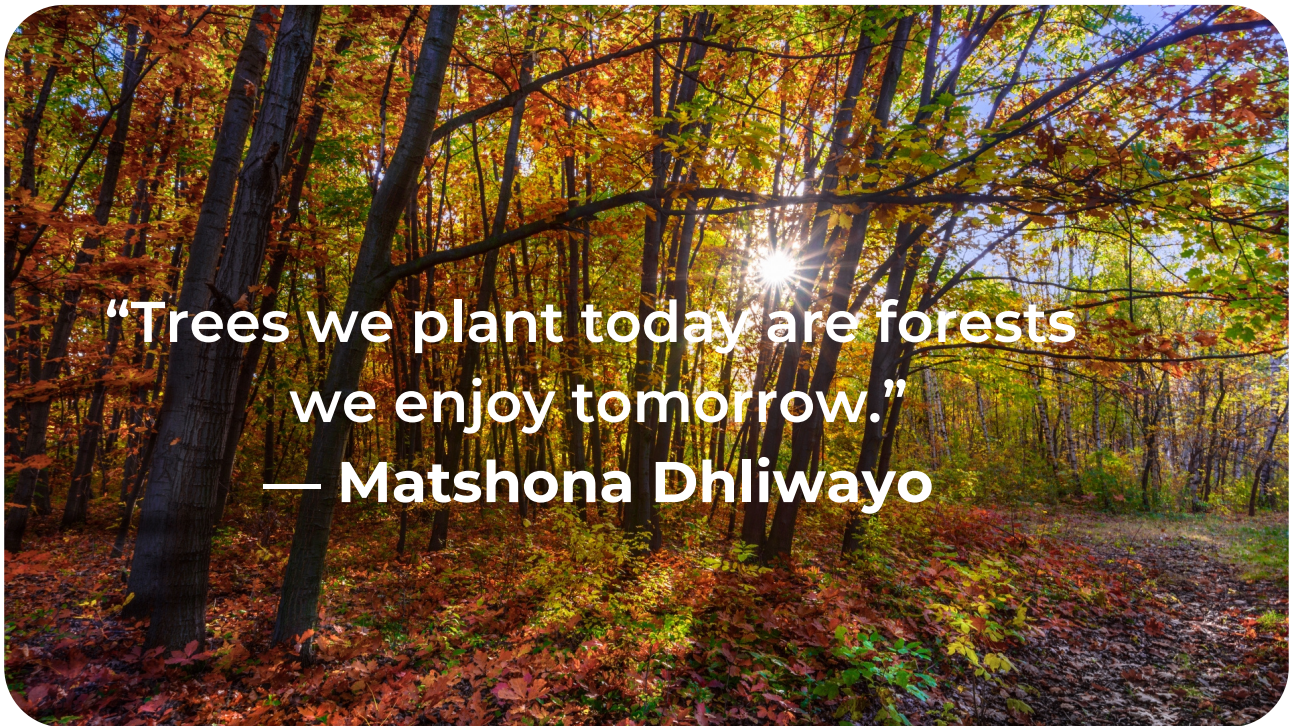


AthLife



“Trees we plant today are forests
we enjoy tomorrow.”
— Matshona Dhliwayo



Online Learning Tips

Are you taking courses online or is a part of your course online? If so, review the tips below to ensure that your remote learning is a success. [Click here](#) for the entire AthLife article.

- Review your syllabus and write down all assignments in your calendar or planner.
- Be proactive and contact your teachers with any questions about an assignment.
- Use time-blocking to allocate specific time for assignments or study time.
- Make sure that you have the resources and skills needed for online learning.

Discover Your "Why"

Your “Why” is what drives you to achieve your goal. It will motivate you when obstacles arise. It will help you understand your behavior and put words to your feeling of excitement when making progress towards your goal. The following five questions will help you discover your “Why” to help you reach your goal.

- What is inspiring you to take action towards your goal?
- How will your life be different after you achieve your goal?
- What makes you excited to do the work it will take to achieve this goal?
- What are the consequences of not achieving this goal?
- Why will you be successful in achieving this goal?

For more information on finding your “Why”, check out these YouTube videos by Simon Sinek: [How to Find a Why](#) and [A QUICK Way to Find Your WHY](#).



Good Reads



- [21 Study Tips for Online Classes Success](#)
- [How to Decode a Class Syllabus](#)
- [The Importance of Getting to Know Your Professors](#)
- [Making the Best Decision for Your Career](#)
- [Taking Values-Based Decision Making, and Your Career to the Next Level](#)

