

# FAMILY SELF-SUFFICIENCY NEWSLETTER

## Online Classes: Strategies for Success

Adapted from northeastern.edu

There are many advantages to online courses. They allow you to learn whenever, wherever, and however works best for you, making it easier to earn a degree while balancing work and family commitments.

Online classes can present unique challenges, however, if you're not prepared. If you're considering taking or are already enrolled in a program, this advice can help.

### 1. **Treat an online course like a "real" course**

Have the discipline and dedication to sit down and do the work. Treat it like a job.

### 2. **Hold yourself accountable**

Make sure you have allotted enough time to complete the work. If you're having trouble, get a classmate or friend to be your accountability partner.

### 3. **Practice time management**

Mark assignments on a calendar and check the calendar every day.

Create a weekly schedule that you follow and set reminders for yourself to complete tasks.

Check in periodically with yourself to see how you are doing and adjust as necessary.

### 4. **Create a regular study space and stay organized**

Have a high-speed internet connection.

Have required books, materials and software for the course.

Have headphones for listening to lectures or discussions.

### 5. **Eliminate distractions**

Regardless of where you choose to work, consider turning off your cell phone to avoid losing focus every time a text message or notification pops up.

### 6. **Figure out how you learn best**

If you're a morning person, study first thing before everyone is up. If you're a night owl, do it after everyone is in bed.

Not everyone learns the same way. If you are a visual learner, print out transcripts of video lectures to study. If you learn best by listening, play and replay all audio- and video-based course content.

### 7. **Actively participate**

Participate in the course's online forum for better understanding and engagement with fellow classmates. Check in on the class discussion threads every day. Speak up if you are falling behind. Ask your professor for help.

### 8. **Leverage your network**

Build relationships with other students by introducing yourself and engaging in online discussion boards. Create a virtual study group. Chances are they will appreciate it as much as you will.



## **Put Yourself on a Financial Diet**

by Jan Roland

Many of the same lifestyle-changing tips that help you lose weight can also help you improve your financial situation. A financial diet can be used due to a change in your financial situation or simply to save more money for the future.

### **Education**

Part of a successful weight loss program is assessing your current eating habits and evaluating possible diet changes that will melt the excess pounds. The same is true when you go on a financial diet. Look at your current money habits and decide which are really necessary and which add to the financial fat.

### **Motivation**

If you want to make a change in your lifestyle, you'll need to stay motivated. Suppose your financial goal is to pay down a credit card debt of \$10,000. Keeping a chart of your progress and watching the debt go down can be an encouragement.

### **Avoid a Feeling of Deprivation**

Instead, think of what it will feel like to achieve your financial goal.

### **Discipline**

Achieving a long-term financial goal requires discipline. Often a bad old habit can be replaced by a good one. Instead of looking for online shopping bargains, take a free online course.

### **Support and Accountability**

Any lifestyle change is made easier when you have support. Check in with Jan Nelson concerning your financial journey.

### **Be Hopeful**

Many people have lost weight by changing their lifestyle. You, too, can lose excess financial weight and be a new you!

## **Tricks to Get Kids to Eat More Veggies**

Eat more veggies yourself and they will be more likely to do it.

Be creative and experiment until you find a recipe your child likes.

Pair crunchy veggies with hummus, salsa or guacamole for a yummy treat.

Give your kids the power to choose a fun recipe or a new veggie.

When in doubt, hide it! Sometimes it's just easier to slip veggies into their favorite food.



### **Did You Know?!**

HAC's workshops are now available online.  
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