

TIPS FOR A SUCCESSFUL LEARNING ENVIRONMENT

1. Make sure you have everything you need to start.

Make sure your computer fits the requirements and you have the necessary components and they all work!! To view computer requirements: **Click on** the link **Computer Requirements** on the MOREWorks page.

2. Organize your physical space to access the MORE Program.

Before you get started on MORE you may want to:

- Designate a study space. It's not always easy to have a space for yourself, especially if you have a family or a small home, but a separate space to access MORE will help you stay focused on your work and keep your materials organized. Distractions are plentiful, especially if you are a parent.
- Make sure your room has a door that closes; this will help cut down on noise and interruptions. If possible, keep your work area clutter-free and comfortable.
- Put some blank paper, a pen, and a highlighter all in one place.

3. Time Management.

Structure a plan to make MORE a part of your schedule.

- Designate the specific times and days that you will get into the MORE Program. Choose the ones that work best for you. You may post these on a calendar near your workspace to remind you or integrate them with other time management tools you use.

Other items you may want to post are:

- Recovery Module activities,
- Reading your Message Center and sending messages to your Recovery Coach
- Times you can access the MORE Bulletin Board for extra support and fellowship.

**Remember, you need people as well as this program. Seek out fellowship and keep your Recovery your number one priority.

The MORE Team