

A SECONDARY STUDENTS GUIDE TO **LEARNING FROM HOME**

SET YOUR SPACE

Find an area in your house where you can focus on learning. Try to choose an area away from noise, TV, and other distractions, if you are able.



TAKE NOTES

Feel yourself zoning out in a Google Meet? Note-taking keeps your mind engaged.

PLAN YOUR DAY

If you have one, follow the schedule provided by your teachers. If you just have a list of things to study, break it down into tasks and plan to do the hardest ones when you have the most energy.

LESSEN DISTRACTIONS

Harness your imagination and picture that you're at school and not at home. Lock your phone away if you need to - don't be afraid to ask for help to stay on task.

CHANGE IT UP

You probably have a schedule for your eLearning, but if things are becoming difficult to focus on, take a 5 min break and come back to it or work on something else for a while.



TAKE BREAKS

Get up occasionally. Get some water or a snack.

ASK FOR HELP

When things get tough, don't just push through it. Ask your friends, family members, or reach out to your teacher for help.



JOURNAL IT

Use a journal to track your progress or any questions you might want to ask your teacher about the work.