

A SECONDARY STUDENT'S 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

When you aren't in class, plan your reading and study time. Make a plan, set time periods to get all your assignments finished.

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

If you get bored easily, try doing different things every day during lunch. Change up where you do your morning & afternoon virtual learning.



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 friends, family, and your teacher(s) for help. Think about going to evening tutoring if you are in grades 6-12.



JOURNAL IT

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