



REMOTE LEARNING HINTS AND TIPS

FOR STUDENTS!



Establish a daily routine
Wake up, get dressed and have breakfast at the same time everyday can help you settle into your schedule.

Set Boundaries
Being home can create unintended learning obstacles – family, pets and chores - and they can all unintentionally want more of your time. Remind everyone that you're learning and schoolwork comes first and that you'll spend time with them once you have done.

Create a Workspace
Whether it's a desk in your bedroom, the dining room table or another quiet spot – make sure you have a dedicated workspace. Avoid sitting in your bed, as your brain associates your bed with sleep!



Organisation
Get all equipment including the day's books ready first thing! Create a checklist of the work you need to complete, this way you can easily monitor and plan for what needs to be done and you can have that satisfying feeling of ticking it off once it is complete!

Before your Lesson
Get organised! Make sure all distractions are put away or turned off before the lesson starts (phones, music, play stations).

Take a Break
Leave your workspace! Try to avoid "digital overload" in our new online learning environment. Spend time outside and with those in your household; exercise; check in with friends; bake or cook and remember to relax.

During your Lesson
In order to learn you must be engaged and be an active learner in every lesson. You need to join in with class discussions, answer and ask questions and partake in the group work. It is vital that you complete all the work set by teachers so that they can see if you understand.



Ask for Support
Don't be afraid to ask for help. Remote learning is hard! Let the teacher know that you don't understand, or you need the directions repeated.

Staying active / wellbeing
Yes, work and learning is important but time away for yourself and your mental health is as equally as important! Ensure you follow your timetable and give yourself break and lunch times. Think of creative ways to be active to avoid that numb bum, because a numb bum = a numb brain!