

A Student's Guide to Learning From Home

1

SET YOUR SPACE

Find an area in your home where you can sit comfortably and focus. Ideally, set up away from a TV screen or other distractions. Have enough room for your computer and space to take notes, have reference notes available, room for a journal and school supplies.



2

TAKE NOTES

Note-taking keeps your mind engaged. Use graphic organizers or charts to help organize your thinking.



3

LESSEN DISTRACTIONS

Harness your imagination and picture that you are at school and not at home. Lock your phone away if you need to - don't be afraid to ask your parents to intervene.



4

PLAN YOUR DAY

Make a daily schedule and follow the schedule provided by your school. 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.



5

TAKE BREAKS & CHANGE IT UP

You have assignments to work on but sometimes when you are having trouble focusing, you may have to change it up or take a break. Switch assignments. Take a five minute break. Have a snack.



6

JOURNAL IT

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



7

SPEAK UP & ASK FOR HELP

When things get tough, don't just push through it. Ask your parents, or reach out to your teacher.

