

A STUDENTS GUIDE TO LEARNING FROM HOME

IDENTIFY YOUR WORK SPACE

Find an area in your house where you can sit comfortably and focus.

Make it separate to your relaxation space. Ideally away from a TV screen, your phone (for sure) or other distractions.

TAKE NOTES

Having a hard time paying attention during a zoom class? Note-taking keeps your mind engaged and help you learn / retain the information.



KEEP A DAILY SCHEDULE

Write out your daily schedule and keep it nearby.

Make sure your family has a copy as well so they know when you are in class, studying or have a study break / free time.

HOMEWORK VS. REVIEW

Homework and review are two different things.

Complete homework each day but also invest time reviewing important information (terms, concepts, or re-read the chapter) to help learn and absorb the information.

VISUAL LEARNING

Struggling with online learning? Get creative! Create pictures, diagrams, mind maps, graphs, timelines, online videos on the class topic to help you learning it another way.



TAKE BREAKS

Get up once in a while. Have a snack, get outside, text / call a friend to check in.

SPEAK UP & ASK FOR HELP

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



COLLABORATE

Set up a study group of 4-6 classmates to meet 2 days a week; discuss homework or review for an upcoming test.



JOURNAL IT

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