


A STUDENT'S GUIDE TO

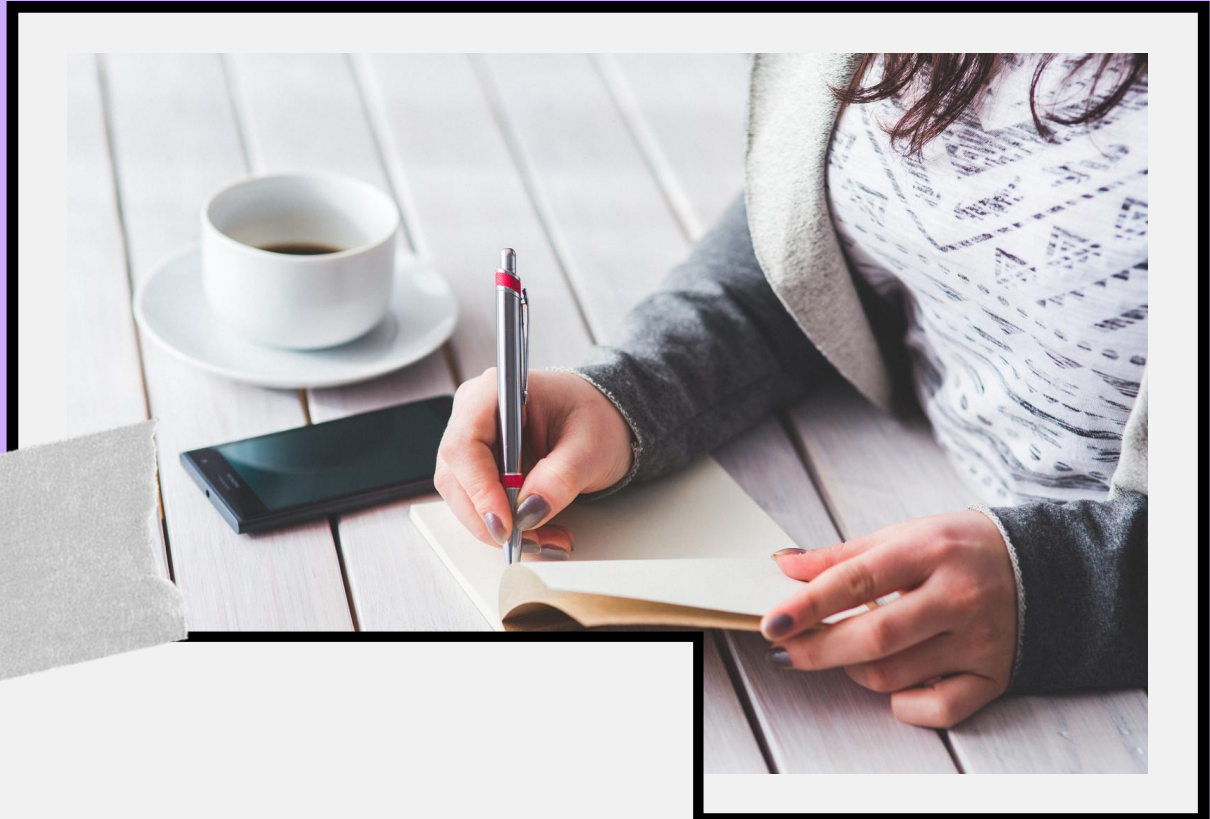
**LEARNING
FROM HOME**

SET YOUR SPACE



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

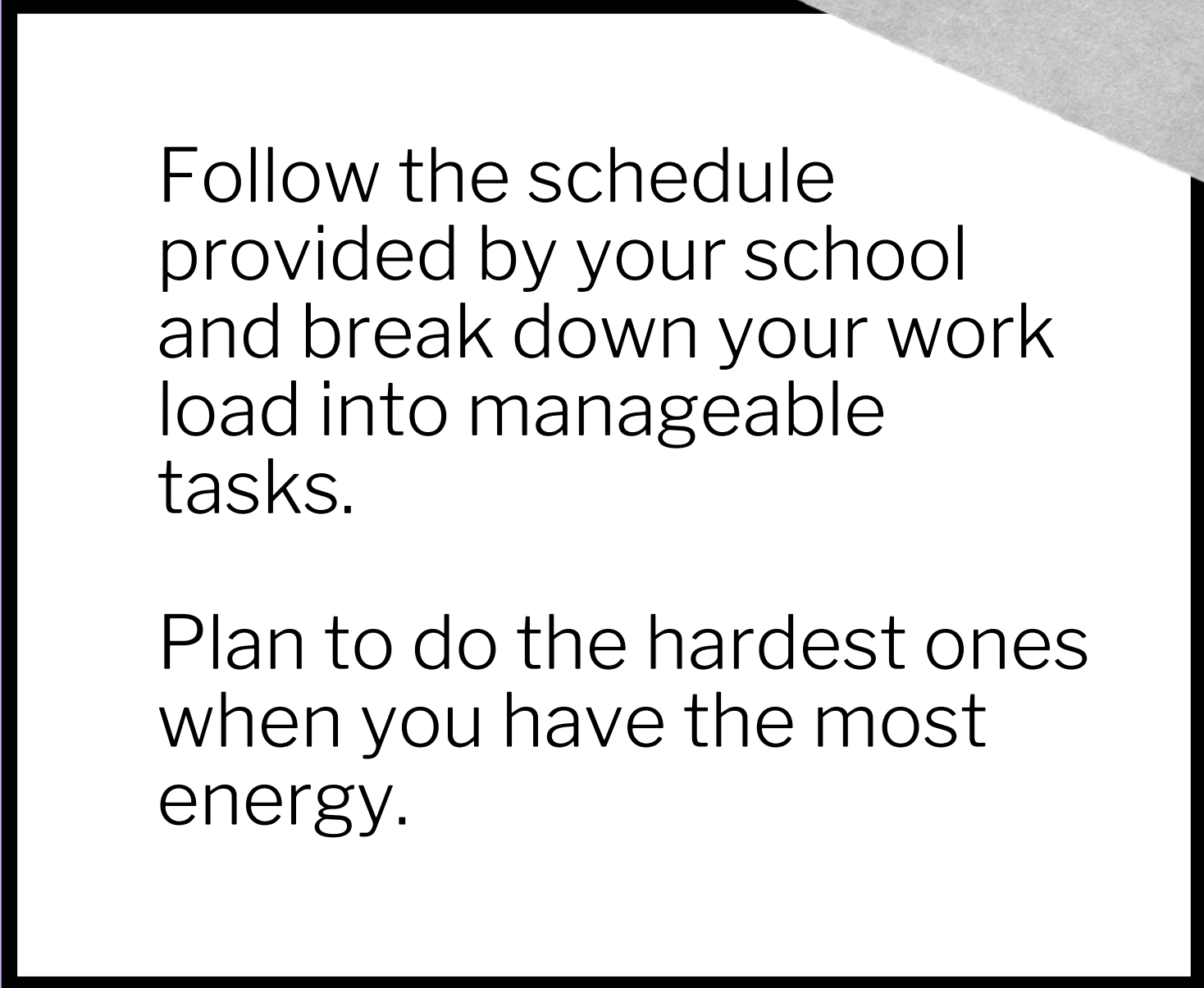
Make it separate to your relaxation space. Ideally away from a TV screen or other distractions.



Zoning out? Note-taking
keeps your mind
engaged.

TAKE NOTES

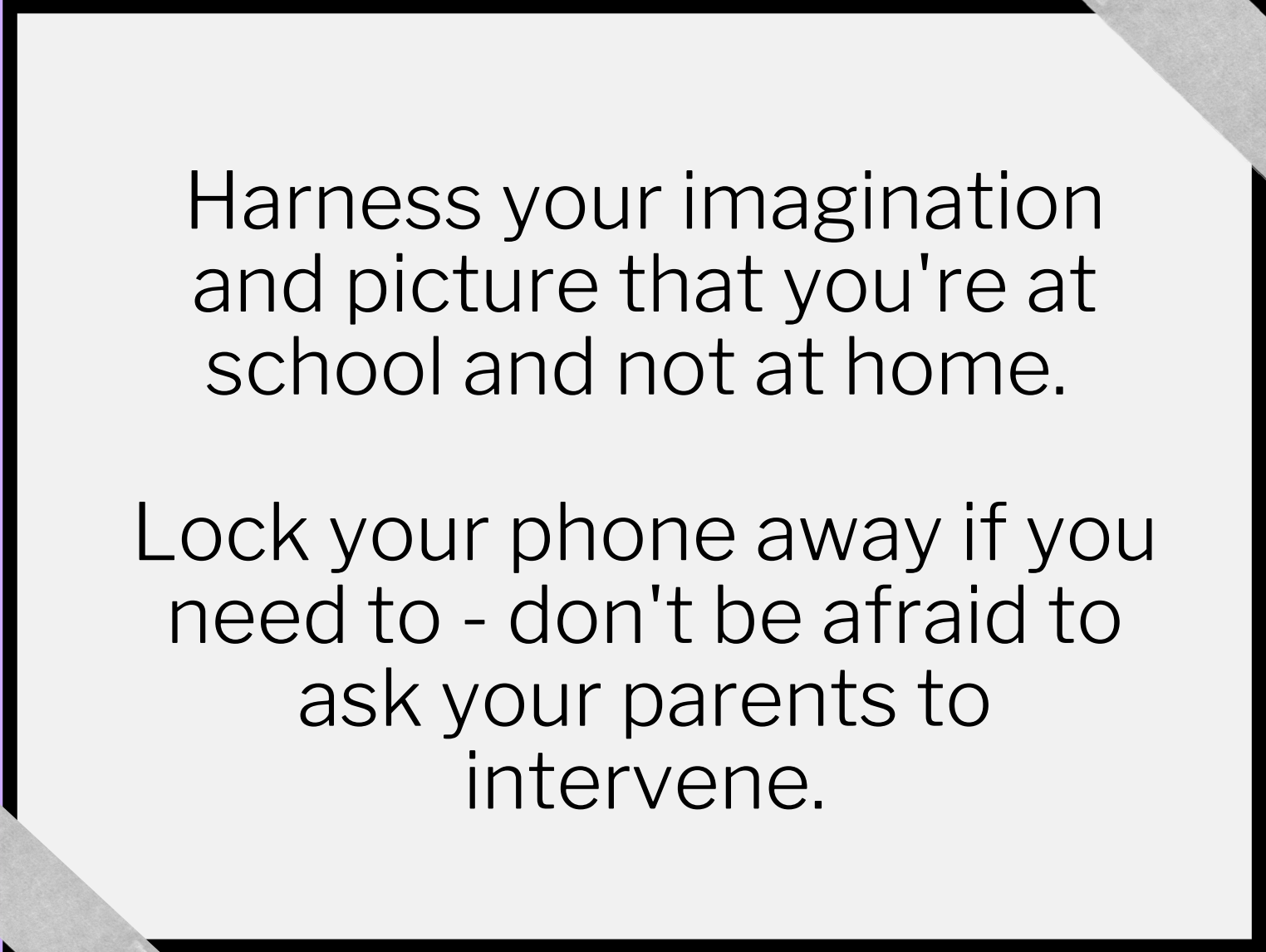
PLAN YOUR DAY



Follow the schedule provided by your school and break down your work load into manageable tasks.

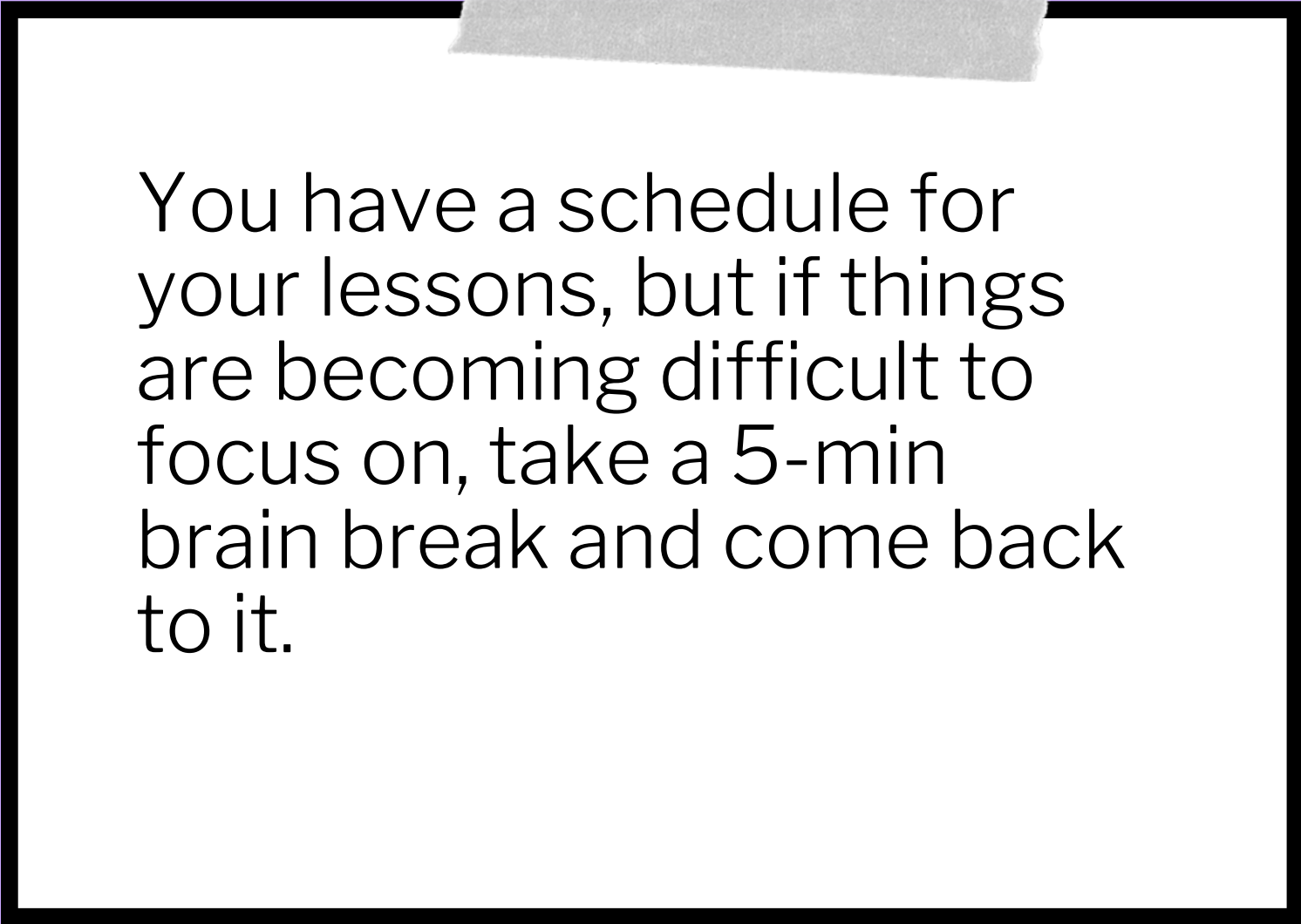
Plan to do the hardest ones when you have the most energy.

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 your parents to
intervene.



You have a schedule for your lessons, but if things are becoming difficult to focus on, take a 5-min brain break and come back to it.


CHANGE IT UP

TAKE BREAKS



Get up once in a while.
Have a snack.

SPEAK UP & ASK FOR HELP



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

We're here to support you
both academically and
emotionally!

JOURNAL IT



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

