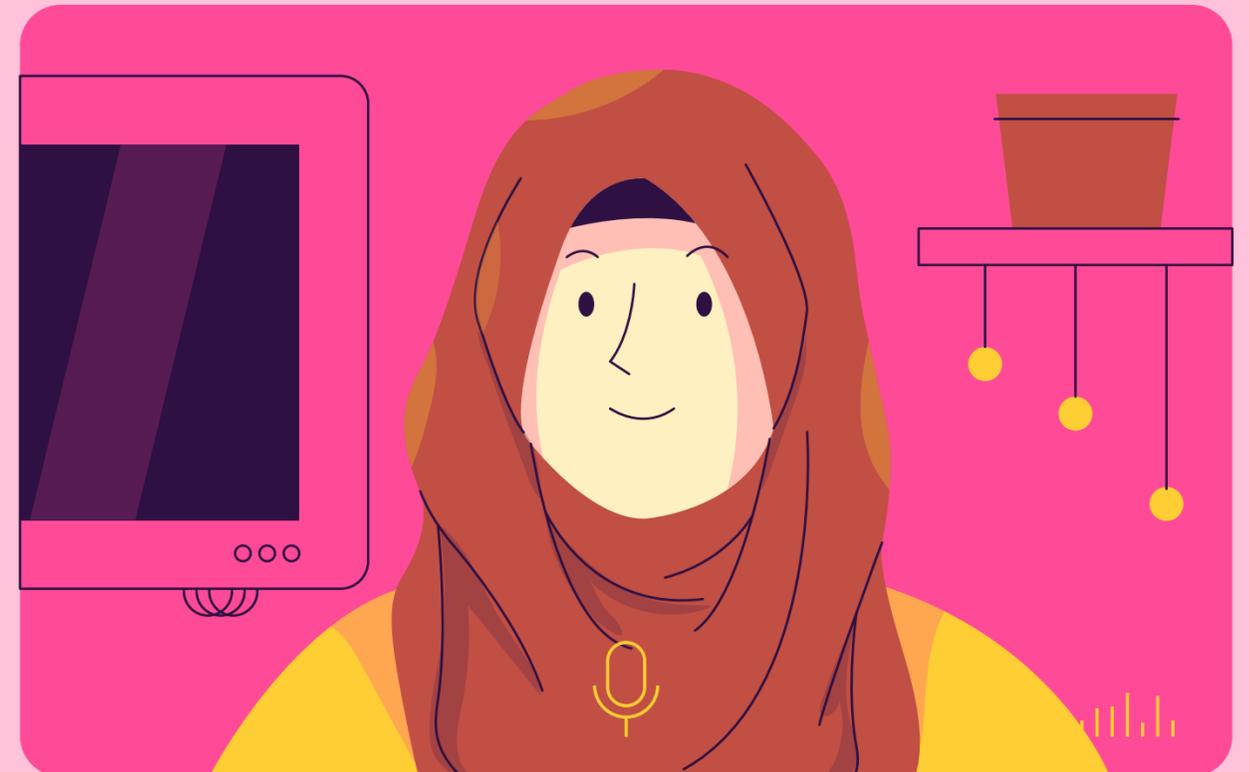
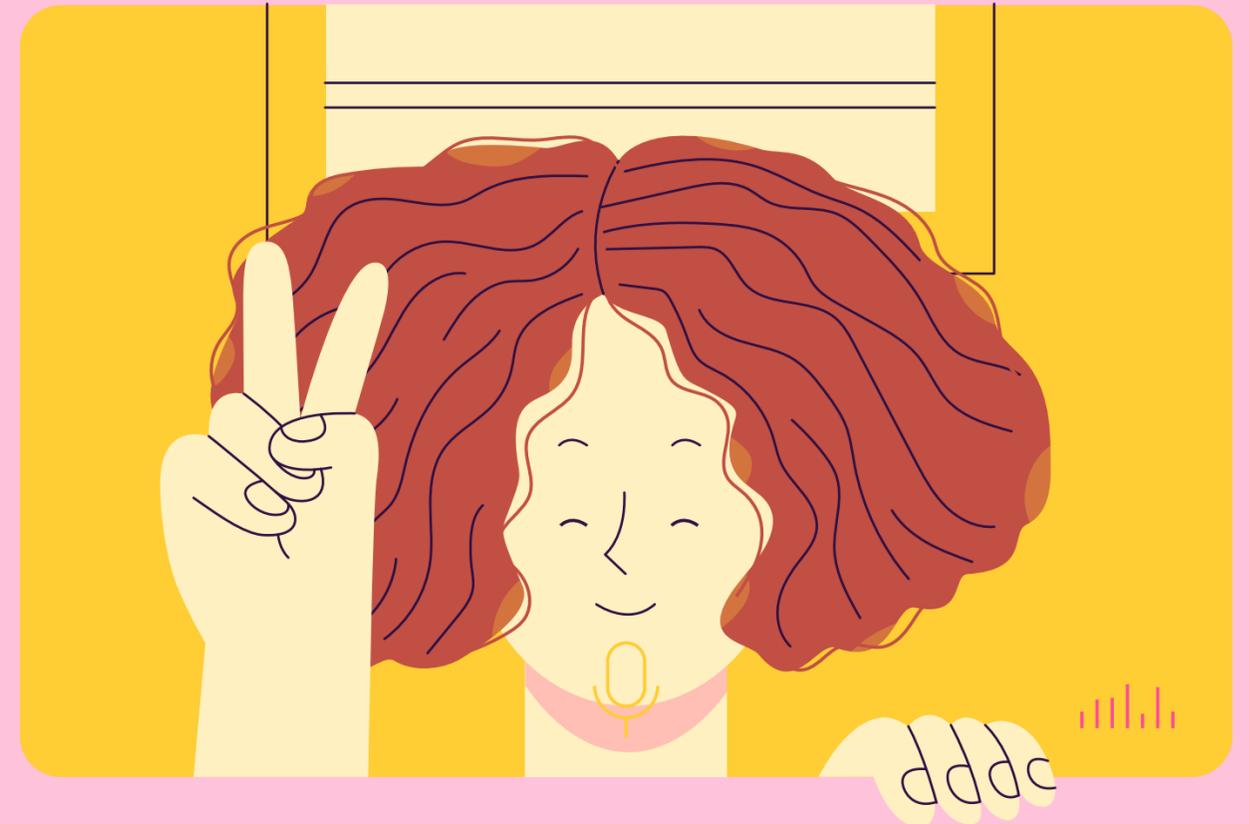




A Student's Guide to Learning from Home

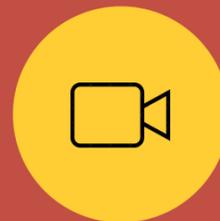
Set up your study space.

- 1 Find an area in your house where you can sit comfortably and focus.
- 2 Make it separate to your relaxation space. Ideally away from a TV screen or other distractions.



Take down notes.

Stuck in a zoom session zoning out?
Taking down notes keeps your mind engaged.





Plan your day ahead.

If you have one, follow the schedule provided by your school.

If you just have a list of things to study, break it down into small tasks and plan to do the hardest ones when you have the most energy.

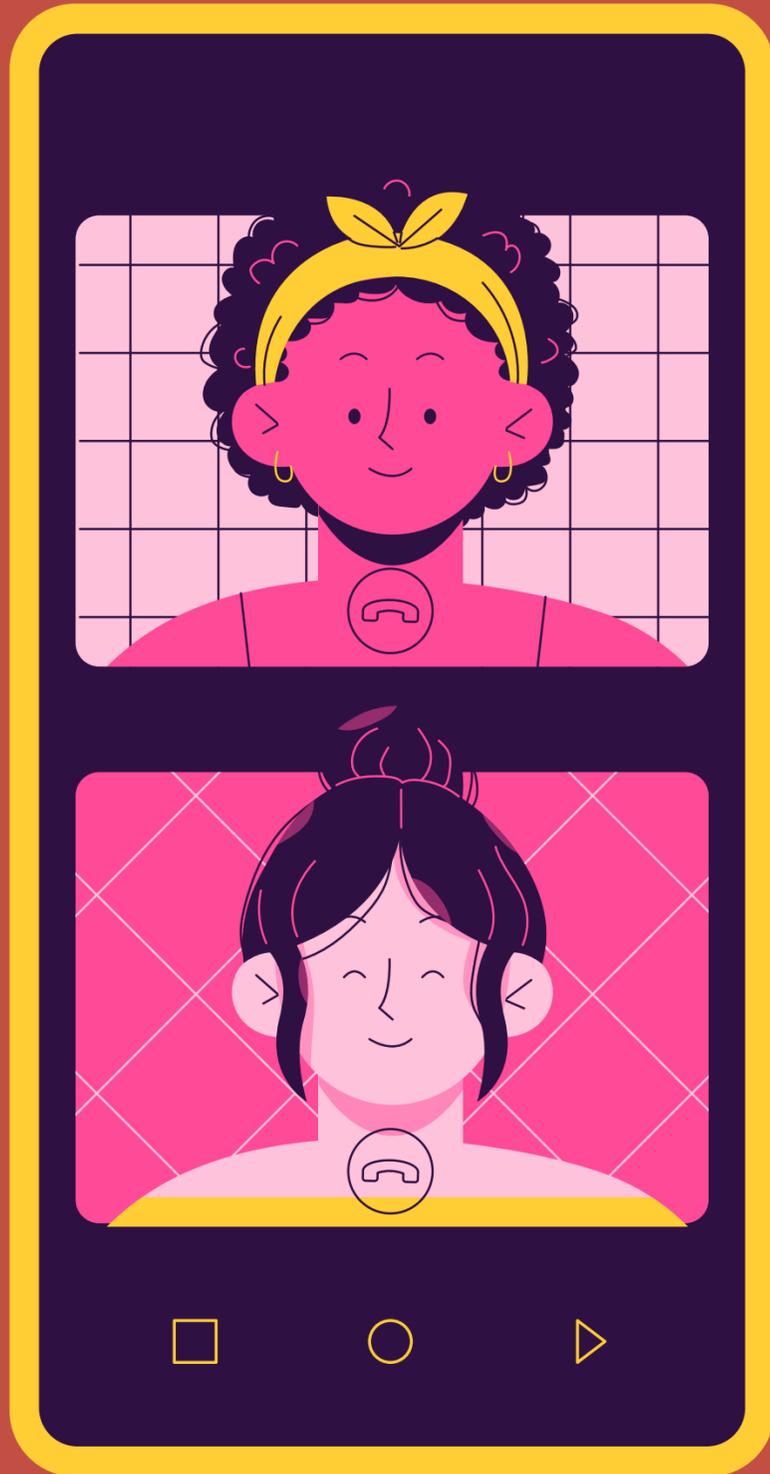


Lessen distractions.

Imagine 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.

Subscribe to productivity
apps as well. These are great
study companions so you
can focus 100%.



Change it up.

You probably have a schedule for your lessons, but if things are becoming difficult to focus on, take a 5-minute break and come back to it — just let your teacher know.

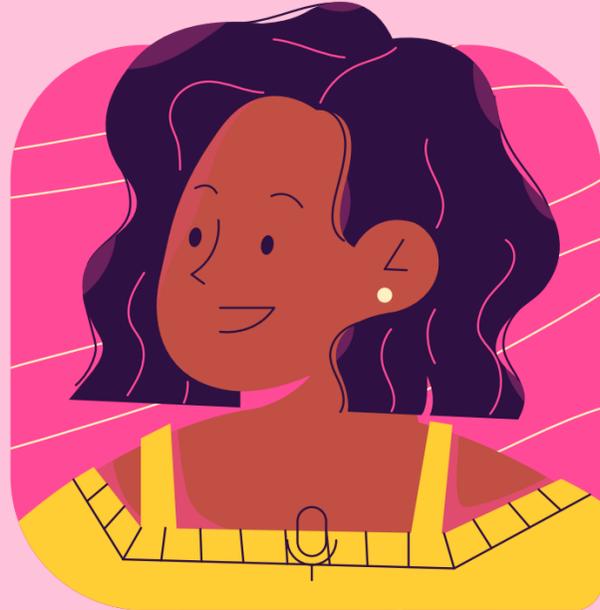
Be kind to your mind if you need a break from a consistent schedule.

Take breaks in between.

Let your mind rest and recharge.

Stretch, hug your pet, water
your plants, have a quick snack,
or make a cup of coffee.





Speak up and ask for help.

When things get tough, don't just push it. Ask your parents, reach out to your teacher, or seek the help of your classmates.

Support will always be available as long as we ask for it.



Write it down.

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



Learning from home can
be difficult, but it's
definitely achievable.

Remote learning helps reinforce lifelong skills, such as time and energy management, independence, and creative thinking.