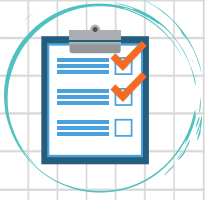


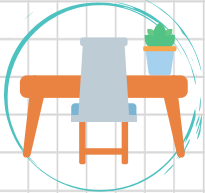
# LEARNING FROM HOME

## SET YOURSELF UP FOR SUCCESS



### 1. SET DAILY GOALS

Make a list of Need To Dos & Want To Dos for each day. Aim for 2-4 learning tasks per day. You may want to schedule specific times for work & relaxation.



### 2. CREATE A DEDICATED STUDY SPACE

At the dining room table, a desk in your bedroom or the kitchen counter - as long as it's a consistent spot, it works! Good lighting, headphones & a glass of water will help you stay focused.



### 3. AVOID DISTRACTIONS

Put your phone away, turn off the TV & put in your headphones. Set a timer for 20-30mins of focused work time, then take a break.



### 4. SCHEDULE BREAKS

Make sure to get up and walk around, grab a snack & some water and get some fresh air every 20-30mins. Our brains work better with frequent short breaks.



### 5. STAY CONNECTED TO CLASSMATES

School is social! Reach out to classmates by phone, text or video call and check in on them. We all need connection right now.



### 6. REACH OUT TO TEACHERS

Don't be afraid to ask questions about your assignments. This way of learning is new for everyone!



### 7. USE ONLINE RESOURCES

There are many resources available online to help you out. Voice typing in Google docs, Grammarly & Texthelp PDF reader are all easy-to-use tools to make reading & writing easier.



### 8. BE OK WITH MISTAKES

Did we mention this is new to everyone?? It's ok to stumble - stay positive & get back on track.