A SECONDARY STUDENT'S GUIDE TO LEARNING FROM HOME

**SET YOUR SPACE**
Find an area in your house where you can focus on learning. Try to choose an area away from noise, TV, and other distractions, if you are able.

**TAKE NOTES**
Feel yourself zoning out in a Google Meet? Note-taking keeps your mind engaged.

**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 for help to stay on task.

**CHANGE IT UP**
You probably have a schedule for your eLearning, but if things are becoming difficult to focus on, take a 5 min break and come back to it or work on something else for a while.

**ASK FOR HELP**
When things get tough, don’t just push through it. Ask your friends, family members, or reach out to your teacher for help.

**PLAN YOUR DAY**
If you have one, follow the schedule provided by your teachers. 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.

**TAKE BREAKS**
Get up occasionally. Get some water or a snack.

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