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.

LESEN 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.

PLAN YOUR DAY
When you aren’t in class, plan your reading and study time. Make a plan, set time periods to get all your assignments finished.

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

CHANGE IT UP
If you get bored easily, try doing different things every day during lunch. Change up where you do your morning & afternoon virtual learning.

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

ASK FOR HELP
When things get tough, don’t just push through it. Ask friends, family, and your teacher(s) for help. Think about going to evening tutoring if you are in grades 6-12.

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