

Helpful tips for remote learning success

“If you fail to plan, you can plan to fail”

- **Set a schedule, have a routine....** Write out the schedule or print it. Get up around the same time with enough time to get ready for learning. This includes changing your clothes, showering or washing face and brushing teeth, eating breakfast before class starts.
- **Make an intentional study space.** One of the downsides of remote learning is the potential for distractions. ... find a place that you are comfortable but not too comfortable (your bed and lying down is not a good position for learning). Find a place that you can focus and limit your distractions (TV, family members, noise, phone). Open the shades, turn on lights etc.
- **Don't go into the darkness.** ... Having a bright workspace helps you stay alert and ready to participate.
- **Get the right gear.** If there are a lot of distractions at home, the right headphones are essential. ... if you need help with this contact the school and we will work something out. Have your books, notebooks, binders, and writing utensils ready and easily accessible. Organize your space so you know where things are- then put them back when you're done using them so you know where they are next time. If you might be going somewhere besides your house use a backpack to keep your things together.
- **Eliminate or reduce distractions....** Turn your phone off or leave it in another room, turn off the TV, close unnecessary tabs etc.
- **Communicate with others in your home if you are struggling with your environment for learning.** If you are struggling with learning at home and it is something you can help, talk with someone about it politely. Ask them to respect your time learning.
- **Take in-between-class breaks.** ... be on time to your next class but it is important to get up and walk around or do jumping jacks in between every class. You can even set up your work space so you can stand up and move a little during class!
- **Head outside.** ... Fresh air and sunshine will do a world of good for everyone. You see new things, feel refreshed, and get to leave your house even if it's just in your yard.
- **Ask for help.** ... We are here for you! Communicate with your teachers and the staff at your school. We understand it is different and it might be difficult but if you don't talk with us about what is going on we won't understand. Email, stay a minute after class on the meeting, call- whatever you feel comfortable with.

