



## Top 10 Tips for Successful Remote Learning

- 1. Treat each day like a normal school day (as much as possible).** Establish a routine similar to what you did when you went to school. Eat breakfast, shower, get dressed, and proceed to attend each class. You may find that it helps you focus to dress up a little or engage in other habits you had when attending school physically.
- 2. Set up your own learning area.** While you don't have to have a designated desk, you should try to make a space in your house your own. Keep your supplies and organization systems in this space, so that searching for them later isn't a distraction. It is best to find an area where you can sit up straight and work on a flat surface, so that you can avoid getting drowsy or distracted.
- 3. Keep class materials organized.** Your organization system will now have to be virtual/digital. This will happen naturally in some cases, because your teachers have separate classrooms. Just as you would with your binder or folder system, make sure you have designated areas for notes, LAPs, assignments, etc. for each class. Ask your counselor or Ms. Becker for more help.
- 4. Take regular breaks.** You'll need to move around regularly. Your teachers are planning for 30-35 minutes of instruction, so you should have at least a ten-minute break between classes. Grab a snack, talk to a family member, or walk around the block. *Do your best to avoid electronic distractions during breaks.*
- 5. Take care of your body as you work.** Try to set up a work space that is ergonomically beneficial. See this article for more tips: [Ways to Make Your Work From Home Space More Ergonomic](#).
- 6. Be a productive and good digital citizen.** You should always be thoughtful about what you post online, but especially what you post in your shared classroom spaces. Be kind to others and think before posting.
- 7. Collaborate with classmates.** Your teachers will ask that you do this as part of your classwork; in addition, it's a good idea to develop virtual study groups. Your peers often have the best and most relatable advice for approaching an assignment, asking for help, and staying organized.
- 8. Include your family in your learning.** Share your ideas about classroom topics with your parents and siblings. Ask them for their support to preserve your learning space and their help to stay organized.
- 9. When in doubt, ask for help!** You have several resources at home and at school to help you be successful during this time. Contact your teacher, counselor, LEC specialist, or the IT help desk with questions ([helpdesk@sths.org](mailto:helpdesk@sths.org)).
- 10. Care for your mental health.** This new mode of learning, not to mention the COVID-19 pandemic, can feel overwhelming for all of us. Take a breath and give yourself a break. If you find yourself feeling stressed - exercise, meditate, pray, write in a journal, cook a meal...whatever it is that relaxes you. Check in with your counselor or Mr. Hagler ([Patrick.Hagler@sths.org](mailto:Patrick.Hagler@sths.org)) for more support.