

How to be a Successful “At Home” Learner

1. **Figure out a time that you can start your school day** and stick with it each day. Choose a time that works best for you. Be reasonable and be prepared to spend 3-4 hours a day learning.
2. **Have a space where you can go each day to work and learn.**
3. **Plan out your day before you start.** Open up your computer at the beginning of each day along with your electronic or paper planner (or a piece of paper). Write down any new assignments that your subject teachers have given you. Decide when you will do them - write it down and stick to your plan.
4. **Get rid of distractions.** Put your cell phone away, close any apps, (Netflix, YouTube, games) you have on your computer. Make a playlist if you are listening to music, so you aren't constantly switching back and forth from one song to another. **Know yourself and what distracts you!** Be honest with yourself. You can do this!
5. **Take short breaks.** At school we have built in breaks, but at home you will not. Set a goal for what you want to get accomplished in a certain time frame (eg. 1 hour), take a short break, then get back to work. Remember short breaks means short! Pet your cat or dog, walk around the house, get something to drink- make it short. If you are taking a tech break (I don't recommend taking one, but if you must) put a timer on for 5 or 10 minutes or your tech break may be way longer than you planned. **Use the 20-20-20 rule:** every 20 minutes, look away from or beyond your screen at least 20 feet for at least 20 seconds. This practice gives your eyes a break.
6. **Get some exercise.** You are going to be spending more time than ever before sitting at your desk looking at your computer screen. Make sure to get some movement into your body. Stretch, go for a walk. Getting outside is very important. Get some fresh air and vitamin D.
7. **Get plenty of sleep.** Make sure to have a schedule for bedtime and waking up. It's pretty tempting to sleep a lot when you are bored. Having a sleep/wake schedule will help your body to keep healthy and help you to focus better during the day.
8. **Be kind to yourself.** This is a strange and different time we are facing. This will pass. Keep connected with family and friends and your teachers :) Keep positive.
9. **Communicate.** If you find you are having difficulty keeping up with assignments, make sure you let your teachers and parents know so they help you and see what they can do to get you on track.