



SCHOOLING FROM HOME TIPS FOR STUDENTS

As we get further into the year, we have all had to adapt to changes that were unexpected and unprecedented. None more impactful than attempting to attend school via remote or virtual learning.

In a situation like this it is normal to feel worried, confused, scared or angry. To help cope during these times we must focus on what is in our control, our words, our emotions and our behaviours. Putting strategies in place that allow us to keep learning and stay positive in times of uncertainty is critical to getting through these challenges.



IF YOU ARE FINDING IT HARD TO LEARN FROM HOME REACH OUT TO YOUR TEACHERS

All school staff are still available for your support and will be doing everything they can to help you through this potentially challenging time.

For extra support during this time please reach out to us via lovemeloveyou.org.au/support





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HERE ARE OUR TOP TIPS FOR GETTING THE MOST OUT OF YOUR LEARNING IN OUR NEW NORMAL

Don't expect to work non-stop. Frequent short breaks are best for concentration. Breaks can incorporate reading a book, listening to podcast or getting some physical exercise.

THIS CAN HELP TO RESET CONCENTRATION.

Remember, your parents aren't teachers but rather teacher's aides. School teachers will provide learning tasks and can still be contacted for help. Parents potentially have their own work to be doing so leave as a last resort for help.

CREATE A ROUTINE Find a structure that works for you so you can get the most out of your learning. If you work better in the afternoon, then focus your attention on a solid block of work from 12-5 instead of 9-3.

FOLLOW A SCHEDULE Break down classes into usual period or class times with a slight break between to reenergise. Incorporate recess and lunch breaks into the schedule.

CREATE A DEDICATED WORKSPACE Although it's tempting to stay in bed or head to the couch, those who successfully work from home agree that you're best off setting up a station. If you don't have a desk, use your dining room table.

DON'T BE HARD ON YOURSELF Don't expect yourself to be learning at a level that you would be during a normal school day. Focus energy on learning different things. Upskill, take a short course, research a topic of interest or read a book to learn dynamically.

REACH OUT TO CLASSMATES Create connection each day with someone and work virtually with them on a learning task. But don't fall into a trap of chatting socially instead.

MAINTAIN YOUR SELF-CARE During challenging times, we tend to avoid the behaviours that kept us healthy in the first place. During this time, it's critical to eat well, get enough physical activity and keep sleep cycles consistent.

TURN OFF DISTRACTIONS If you find yourself checking your social media every 5mins then turn your phone off and place it in a different room. Alternatively, give it your parents to hold until you're on your next break.

KNOW THAT IT'S OK TO FEEL ANXIOUS Take things day by day. Reach out to your teachers and classmates as needed and use the additional support resources. **Remember, you are not alone — we're all in this together.**

