



Learning from home guidelines

Learning from home requires you to be organised and disciplined in how you approach your studies.

- If possible have a set place that you work at each day.
- Aim to be up and at your desk before 9.00am.
- Plan your day (use the planner attached); put in your online classes and divide out the work that you'll be doing for the day. Plan in rest-time and exercise into your day.
- Do one thing at a time! Avoid multi-tasking; things will take longer, you'll make more mistakes and you'll remember less if you try and multi-task.
- If you are watching a stream or a live class – take notes.
- If you are watching a recording, watch it at normal speed rather than faster, you will remember more.
- If you have any issue e.g. can't get work done in time, there is no problem, simply email the teacher.
- Stay connected to other people – use google hangouts, Zoom or other apps to keep in contact.

This is a stressful time and there are many distractions and unknowns. Be patient with yourself, your classmates, teachers and family. Make sure that you mind yourself.

Control what you can control, stay organised & stay learning.

This will pass – until then take a deep breath, do your best and wash your hands!