

Tips for Students for Remote Learning

Communicate Often

- Check SMHW/ school email several times a day.
- Email/ leave comments on SMHW for your teachers if you don't understand a task or need help/clarification.
- Communicate with your classmates about the work you are doing.

Stay Organised

- Take the time to put together a schedule and expectations for your classes. Your timetable will help you to do this.
- Prioritise your work- think about nearest deadlines/ how long tasks will take.
- Begin tasks early –don't leave them until the last minute.
- Ask for help often.

Take Care of Yourself

- Stay healthy – take daily exercise, eat well and try to keep to regular bedtimes.
- Keep a growth mindset as you adapt to new circumstances –yes, you can do this, yes, you can keep going! Your success has as much to do with your effort as it has to do with your ability.
- Have a positive attitude –be grateful for the positive things around you and have a positive attitude to your learning.

Manage Your Environment

- Schedule specific times in your day to dedicate to studying/ participating in your Zoom lessons. If you are sharing a computer or laptop with family members, ask them if you can establish a set schedule to allow you to continue meeting class expectations.
- Consider using the “Do Not Disturb” function on your devices or a lockdown browser on your computer when you are trying to manage distraction.
- Find a space that is comfortable and allows you to focus.

Stay Engaged

- Communicate regularly with your teachers and treat your work/Zoom lessons with the same effort/level of engagement expected of you in the classroom.
- Call, text, and message friends, family and classmates.

Ask for Help

- Your teachers are still here to support you and help you learn. Keep in regular contact with them so that they can help when you get stuck and encourage you when you get things right. Feedback from your teachers will help you to keep improving.