A YOUNG PERSONS GUIDE TO

LEARNING FROM HOME

SET YOUR SPACE

Find an area in the house where you can sit comfortably and focus.

Make it separate to your relaxation space. Ideally away from a TV screen or other distractions.



TAKE NOTES

Stuck in a webinar zoning out? Note-taking keeps your mind engaged.

PLAN YOUR DAY

If you have one, follow the schedule provided by your school.

If you just have a list of things to study, break it down into tasks and plan to do the hardest ones when you have the most energy.

LESSEN DISTRACTIONS

Harness your imagination and picture that you're at school and not at home.

Lock your phone away if you need to - don't be afraid to ask your carer(s) to intervene.

CHANGE IT UP

You probably have a schedule for your lessons, but if things are becoming difficult to focus on, take a 5-min break and come back to it - just let your teacher know.



TAKE BREAKS

Get up once in a while. Have a snack.

SPEAK UP & ASK FOR HELP

When things get tough, don't just push through it. Ask your carer(s), or reach out to your teacher.



JOURNAL IT

Use a journal to track your progress or any questions you might want to ask your teacher about the work.