



## Remote Learning Tips

1. **Organise your study space.** If you share a space with other people, try to find a quiet area and let the others know you are working so they can keep disturbances to a minimum.
2. **Avoid distractions.** Stick to the school day structure and have breaks at the normal time. Only during these times should you catch up with social media, Playstation/X-Box, computer etc. This will help give you a sense of completion and control over your day.
3. **Look after yourself.** Take a proper lunchbreak, get some fresh air and do some exercise at some point every day. Get a good night's sleep. Speak to someone to talk about how you are feeling.
4. **Think about how you learn best.** Learning is still taking place outside of the classroom. This is when you should start testing your memory to see what you can recall. Different students prefer different methods of learning so it's worth thinking about what works best for you. You may complete a task and finish early so it is a good idea to do some reflection work. Try *recalling* that day's learning by using a simple question/answer format of *flashcards*. This enables easy self-testing. For others the more visual form of the *mind map* is great at showing how the various aspects of a topic are linked.
5. **Be organised.** Now is the time to think about how you keep your notes for each subject. Use clearly labelled files in Word if you are using the computer. If you are hand writing everything, keep your subject areas organised with clear labels.
6. **Stay in touch.** Maintain contact with other students in your classes or doing the same course as you using social media, video link, email or voice call. You can share ideas, discuss assignments, test each other or just share experiences.

### More advice and guidance

You can view this for **general studying tips**  
<https://www.youtube.com/watch?v=JoPxUbcKt8M>

For **online safety** and remote learning tips:  
<https://nationalonlinesafety.com/guides/10-top-tips-remote-learning-for-parents>