

Some Home Learning Survival Tips - motivation, productivity and getting through it

Establish a Monday to Friday routine.

Set an alarm and even if you have nowhere to go get up as if you do!

Get washed, dressed and eat breakfast. (Yes, really)

Some people are going for a walk after breakfast. It mirrors what they would do on their walk to school or to the bus stop normally, wakes them up, and gives them energy before they sit down to work. You might even arrange to meet up with one friend who you usually walk to school with so that you can walk together. Try it!

On Monday Morning: **Make a plan.**

This may take several hours but it will be time well spent. INVEST on a Monday morning and it will pay back in spades as the week goes on.

- Make a list of all your assignments for the week. This is your visual prompt. This can be on paper or use a whiteboard.
- Go through the list and allocate time to each assignment.
- Prepare a plan for each day in the week: divide each day into chunks of 25-30 mins with 5 min breaks in between.
- Allocate tasks into the time slots.
- If an assignment is lengthy, divide it up and allocate time for each task. An English assignment might take around 90 mins in total. You may choose to do this in three time slots one after the other or you might spread them across the day or across the week. It's your plan. You choose.
- Allocate time slots to your google meets with teachers.
- In addition to assignments, seniors should also be allocating time to consolidate their learning.
- Place your assignment list in a place where you can see it (on the fridge, your bedroom wall above a desk etc).

Follow the above and the remaining days of the week are all planned out for you. Result!

As the week goes on, tick off each assignment when it is completed AND submitted. It's very satisfying to view and lets you see what has still to be done.

Recharging

Get out for fresh air and sunlight (!) at least once a day.

Keep active.

Communicate with friends, but avoid social media overload and don't let it rule you.

Eat well.

Sleep well: try to keep a fairly regular sleep pattern; avoid getting into the habit of going to bed at 2.00 am and getting up late, for instance.

Make your weekend entirely different:

Have a bit of a long lie; catch up with friends; immerse yourself in a book/film/series.

Be creative: bake, make a new music playlist, game.

Exercise: go for a long walk/cycle/play football/run.

Most important: **switch off from school.**