

STUDY AT HOME ADVICE

students
guide to
learning
at home

create your space

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

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

take notes

Stuck in an online lesson and find yourself zoning out?

Note-taking keeps you engaged, and helps you track your progress or record any questions you might want to ask your teacher.

minimise distractions

Visualise having your lesson at school and not at home.

Lock your phone away if you need to - don't be afraid to ask your parents to intervene.

Finish one lesson before starting another rather than multitask.

plan your day

Follow the schedule provided by your school and agreed by you.

If you 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.

change it up & take breaks

You can't underestimate the power of short breaks. Add them to your schedule.

If things become difficult to focus on, take a 5-min break. Just let your teacher know.

speak up and ask for help

When things get tough, don't just keep on. Ask your parents, or reach out to your teacher.

Learning at home is new for many so don't be afraid to ask for help.