



TECH HIGH SCHOOL

# DISTANCE LEARNING STUDY TIPS

How to stay productive while  
nurturing your mental health.

## DEVELOP A SCHEDULE

**Set aside a specific time every day.**

- Schedule your study time and stick with it!
- Say no to temptation while you're "at school".
- Take breaks to eat a snack, take a walk, call a friend, or another self-care activity.
- Study when you're most alert and get an adequate amount of rest each night.

## CREATE A WORKSPACE

**Improve focus and organization.**

- Separate your school work from other activities and responsibilities.
- Keeping all of your supplies in one spot keeps you focused and organized.
- Keep the TV off and distractions to a minimum.

## SET GOALS

**Keep track of your goals and reward yourself.**

- Keep track of your progress daily, weekly and long-term.
- Complete your work on time.
- Keep your goals attainable.
- Keep yourself motivated with pictures or visuals and update as needed.
- Reward yourself!

## USE YOUR RESOURCES

**Ask for help when you need it. You are not alone.**

- Talk to a friend, family member, teacher, support staff, or any trustworthy adult.
- Request an appointment with your counselor.
- Schedule a Google Meet with your teacher.
- Let someone know if you're struggling so we can help you!

## TAKE IT ONE DAY AT A TIME

**Remember this situation is new for everyone.**

- Be flexible with yourself and others.
- Patience is key in this new style of learning.
- Reflect on the day and what went well.
- Take care of yourself by practicing self-care (breathing exercises, get outside, draw, color or paint, read a book, watch a movie, or unplug from social media/news).
- Find your groove!

