

SHS REMOTE LEARNING TIPS!



WORKSPACE

Create a physical workspace to train your brain you are in class. Have books, supplies, and your computer charged and ready. Need tech help? Contact dsimons@sacredheart.org



STAY ON TASK

Find a quiet place where you can focus on the lesson with minimal distractions. Do your personal best on all work. Stay motivated. Work hard then go play hard!



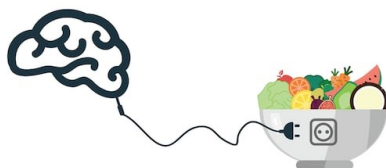
STAY ORGANIZED

Use a whiteboard, planner or daily "to do" list to stay on top of daily work, project due dates, tests, and homework. Check Power School daily and check missing work.



TIME MANAGEMENT

Set a timer to remind you of your classes. Prioritize your work and complete the most important task first. Make time for fresh air and exercise as well as chill time.



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STAY HEALTHY & CHARGED

Take breaks between lessons to stretch, hydrate, or just unplug. Eat healthy snacks to feed your brain!



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CONNECT WITH FRIENDS

Schedule times to stay connected with your friends.



CONNECT WITH TEACHERS

Be an advocate and email your teachers if you need assistance.