

TIPS FOR ACADEMIC SUCCESS

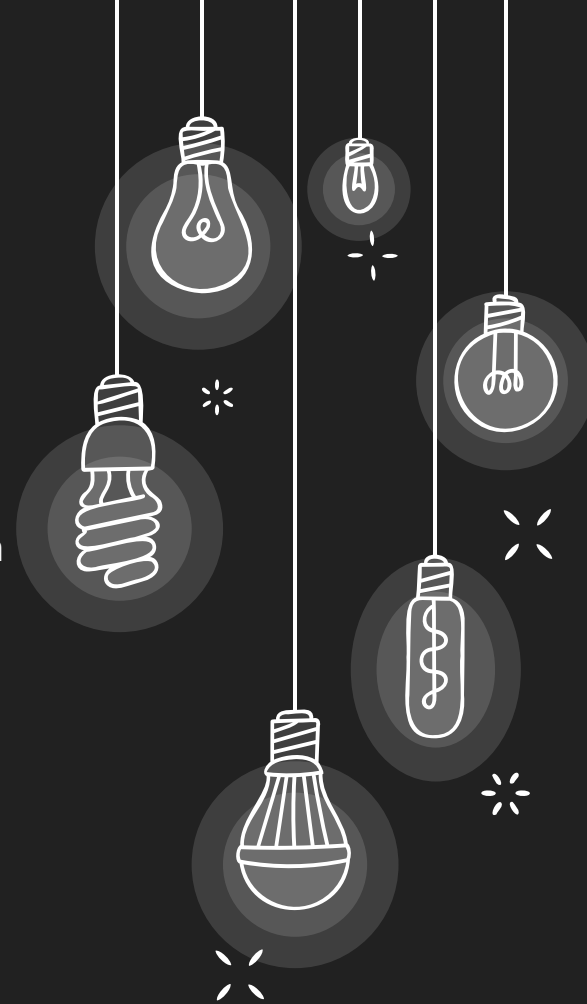


Hello!

I am Cailee McCray

I'm making this presentation to help people with online learning and in person learning. School has not always been easy for me and my main goal in life is to help people like I got help. Thanks to the support of people around me I finally feel like I have a handle on life and I would like to just do the same for others.

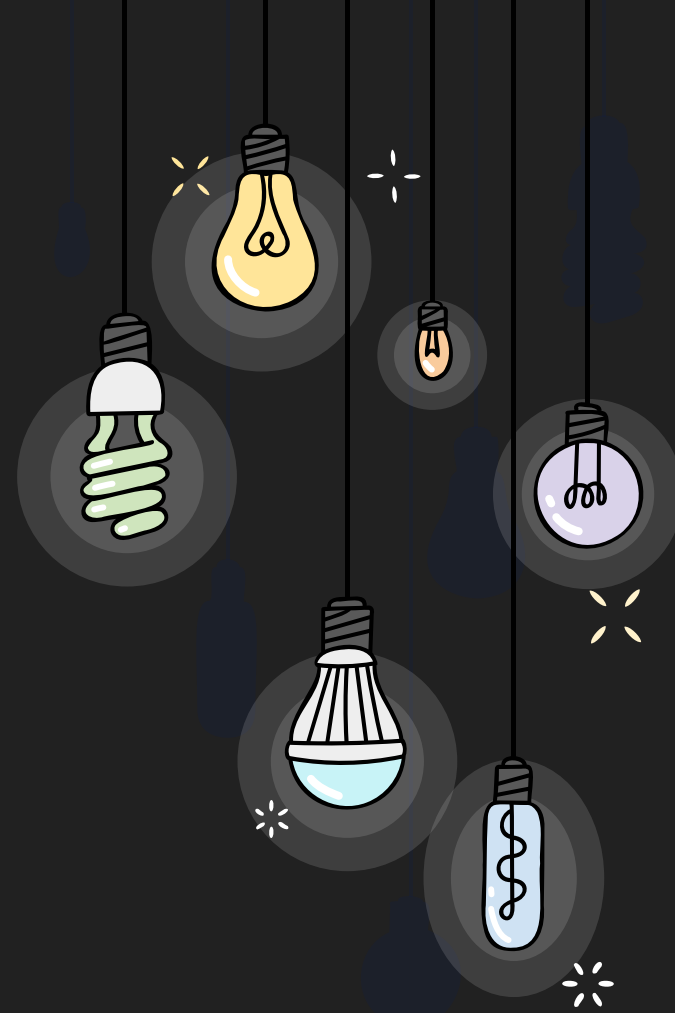
You can email me with any questions at cmccray22@medford.k12.ma.



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TIPS FOR AT HOME AND IN PERSON LEARNING

Let's start with the slides



* AT HOME LEARNING

Even though at home learning seems like it might be over soon I wanted to give some advice from a student perspective as well as recommendations from people in the field.



* IN PERSON LEARNING

A lot of us haven't been in schools for a while so these are some tips to help get back into the swing of things



* PART 1:

1. Reduce distractions.

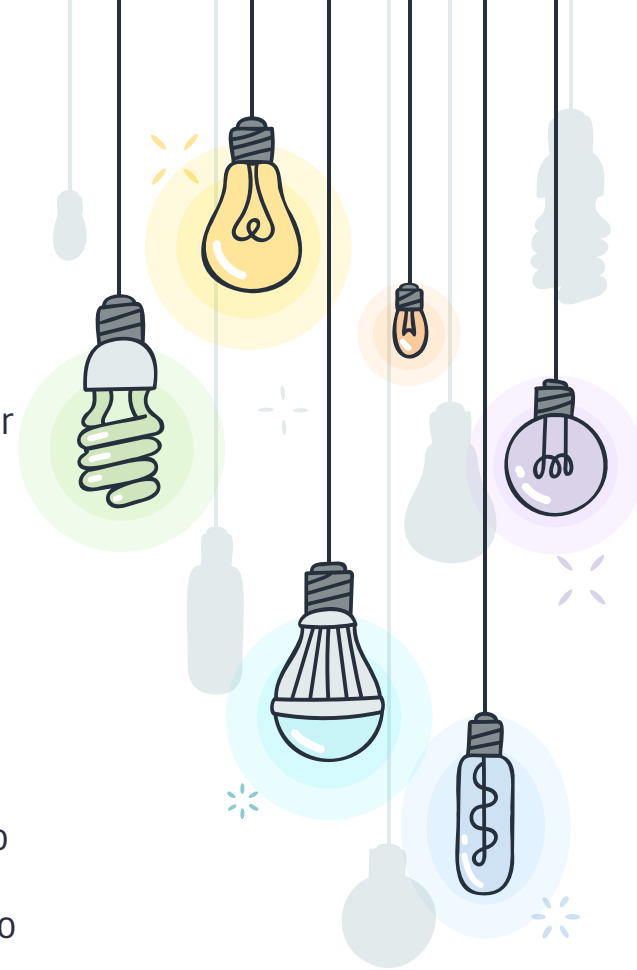
Turn off the Tv near you, or other things that make noise even clutter can cause distraction.

2. Know what you are capable of

If you know that you can only focus for a short amount of time. Do your homework in short burst throughout the day

3. Don't stay stationary

Get up And walk around this is important because it is not healthy to stay sitting down for that long. Go outside during your breaks or at least just leave your computer/ paper. This way you can come back to your work with a clearer head. (I use this one when I am having difficulty writing a paper)



* PART 2:

4. Use checklist

Make a list for the things that you need to do. This allows you to get a full list of everything you need to get done. And it also allows you to plan out your day.

5. Dont be hard on yourself

Allow yourself to make mistakes. Don't beat down on yourself when you do make mistakes. Mistakes are just room for improvement

6. And lastly keep open communication with your teachers

Be honest with your teachers. I know it might feel difficult but you don't have to tell them everything about your day but the things that could affect your school work and or overall effort.





THE END

I HOPE THESE SLIDES HELP PEOPLE. PLEASE CONTACT ME IF YOU HAVE ANY QUESTIONS OR CONCERNS