

# Top Tips for Remote Learning



With the current COVID situation blended learning is becoming the ever increasing norm. Whilst blended learning is great in enabling you to continue with your education it is also incredibly hard. Follow these top tips to get the best learning experience for you.



1) Aim to treat your remote learning how you would treat your learning in school.



2) Take regular breaks, it's not healthy to stare at a screen for a long period of time. We have built these into your time table!

3) Complete your learning in a communal, but quiet, area of your house. Don't lock yourself away in your bedroom and avoid distractions!



5) As everything is being accessed online, remember eSafety! Don't share any personal information or passwords.

4) Don't ruin the learning experience for yourself and that of others, Follow your teachers rules and expectations!



7) Ask for help. There will be times where you'll struggle with the work. Don't be afraid to ask for help.

6) Remember where you are. Whilst you may be sat at home, you're engaging with education. Don't treat Microsoft Teams as a chat room with your peers. Go elsewhere for that, in your own time!!



8) Dress appropriately. You will be in a better frame of mind and work far better feeling refreshed in a clean set of clothes rather than your pyjamas!



9) Most important of all... Ensure you look after your own mental health! Take time during the day to focus on creative studies or undertake some physical exercise. If you ever feel not yourself then remember to chat to someone. We are always here for you if you want that someone to be one of us.

## REMINDER

Remote learning can be accessed via Microsoft Teams (<https://teams.microsoft.com>) using your school email (SCHOOLUSERNAME@staugs.org.uk) and your school password.