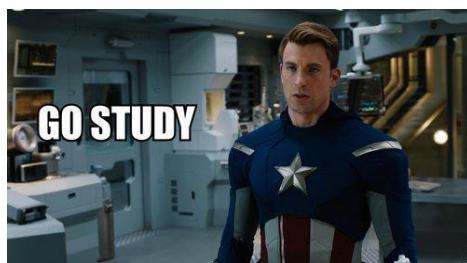


Studying and Learning from Home



- 1. Keep a regular sleep schedule:** It can be tempting to go to bed late now that you do not have to be at school early the next day. However, by going to sleep and waking up at the same time everyday, you will better be able to complete your schoolwork.
- 2. Keep a regular study schedule:** This will help you focus better. Create a schedule that works for you (or check out the ACHIEVE schedule Mr. Scott made below). Make sure that your study time does not coincide with your other responsibilities (ie. baby-sitting).

Time	Activity	Description
8:00-9:00	SET THE TONE <i>(Accountability)</i>	Wake up, wash, brush your teeth, eat breakfast, clean your room.
9:00-11:00	Change the Narrative <i>(Academics)</i> <i>(Integrity)</i>	ELA and Social Studies assignments
11:00-12:00	Get Creative <i>(Hard work)</i>	1. Elective assignments (Latin, TECH, Health, Music, Art)
12:00-12:30	REFUEL (LUNCH)	Eat a healthy meal. 1. Fruit Grains Protein Vegetables
12:30-1:00	Chores <i>(Empathy)</i>	Clean up a room in the house. 1. Bathroom 2. Kitchen 3. Livingroom
1:00-2:00	RECHARGE <i>(Excellence)</i>	1. Drop Everything and Read (D.E.A.R) 2. Puzzles
2:00-4:00	Change the Narrative <i>(Academics)</i> <i>(Vision)</i>	Math and Science assignments
4:00-6:00	GET FIT <i>(Community)</i>	Go outside and engage in physical activities. Go for a light jog or walk. Yoga is a great alternative
6:00-7:00	Wind Down <i>(Accountability)</i>	Shower and eat dinner
7:00-9:00	Free TIME	Favorite television show Call a friend and tell them about your day Video Games
9:00	BEDTIME	Recharge your body for the next day.

- 3. Create a study space:** Keep all your study materials there. Use the space to complete all your work. Make sure that it is free from distractions and as quiet as possible. Do not complete schoolwork from your bed or couch. Pretend that you are at your school desk.
- 4. Get Dressed:** As tempting as it may be to study in your pajamas, you will be better able to focus and learn if you are dressed properly. You do not have to wear your uniform, but being dressed helps to signal to your brain that the school day has started.
- 5. Have an Accountability Buddy:** Team up with another scholar in your class. You can check in with each other at the beginning and end of each day. This is a great way to help each other feel motivated and to make sure that you both are completing your assignments.
- 6. (Virtually) talk to your friends:** School is social, and social time is important for mental health. Keep in touch with friends through FaceTime or Google Hangouts so that you can still have some of the social time you would normally get at school.
- 7. Ask for help when you need it:** Your teachers are here to help you. Reach out to them if you have any questions or need any help.

