



# Remote Learning

@ GGS

## Student Advice and Expectations



### Get ready for Learning

- Wake up at least 45 minutes prior to your scheduled start time
- Have a healthy breakfast
- Get dressed in something appropriate for school
- Get yourself in a mindset for School



### Set up an appropriate learning environment

- Ensure you have a well organised and comfortable working space
- Set yourself up away from the worst distractions. Put your phone in a different room.
- It is often best to work in an area that is quiet but still connected with family members, for example at the kitchen table.



### Organise yourself and equipment for the day

- Know what your daily schedule looks like
- Know what your priorities are and what you need to achieve for the day
- Set up your laptop, iPad, headphones, work books, textbooks and pencil case so you have all the resources you need.
- Have a glass or bottle of water available as needed.
- Charge your laptop or iPad overnight so you are prepared for the following day.



### Time management

- Set up a manageable study schedule for yourself and stick to it. Students who succeed are those who log in and make progress every day.
- Use your time well by focussing for extended periods and avoiding distractions
- Shift your focus if you feel you are struggling to stay engaged
- Do your best to meet timelines, commitments, and due dates. Communicate proactively with your teacher if you cannot meet deadlines or require additional support.



### Live Video check-ins

- Follow the established protocols
- Wear headphones
- Use an appropriate space (not your bedroom)



### Looking after yourself

- Make sure you move during the day, get some exercise, stretch, walk
- During breaks from learning and work make sure you move off all screens and get outside if you can
- Drink water during the day so that your brain stays hydrated