

Keep learning! Helpful tips to boost your home study

- Try to keep to a routine and build structure into each day.
 - Set reasonable targets for each day – make a list!
 - Use an online calendar to plan your day and time
 - Keep to a normal College day/hours if possible and include breaks and lunch
- Manage your workspace
 - Set up a desk in a quiet corner or room in the house. Create a space that you can use but also leave behind when you want to break or at the end of your learning day
 - Have your resources around you to help you learn – get the things you need together in one place – use them but then leave them behind when you finish your work
- Keep in contact with your tutor.
 - Use the online or email resources they are providing – there is some really interesting and helpful content to support your learning
 - Ask questions if there is something you are not understanding or would like more explanation on – your tutor is there to help you
 - And they would like to hear from you! Even if it is just a message to tell them how you are getting on.
- Keep in contact with your classmates
 - Call each other or have video calls to keep in touch – schedule them into your day!
 - Talk about your work in the way you would during a class
 - Exchange notes and ideas to motivate and inspire each other
- Be healthy and active
 - Plan regular breaks into your day and get fresh air and some exercise
 - Take time to prepare meals and snacks and try to make them as healthy as possible
 - Energy levels will help boost your learning as well as help you stay healthy and well
- Look after yourself
 - The most important thing during this time is to keep yourself protected from the Coronavirus and that should come first!
 - Follow Government guidelines to protect yourself and your families
- Seek help if you need to
 - If you are struggling to cope then talk to someone or ask for help. There is a lot of useful advice and guidance on coping with your health during this time, dealing with isolation and of course your help with your learning.

- The most important thing

If you feel you are struggling to cope then talk to someone or ask for help! Use online resources or friends and family to find the right support