

# How To Stay Focused While Learning From Home!

Staying focused in school is hard enough, but it becomes even more difficult when knowing your bed is just a couple of steps away. Follow these tips to stay motivated and focused throughout the school year.



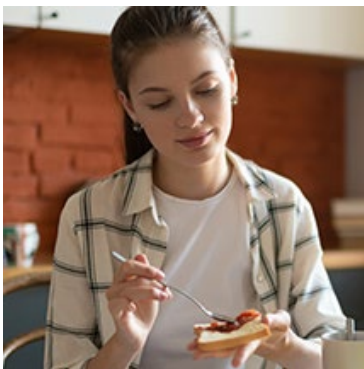
## ***Get Dressed***

I know, I know. Doing math in your pajamas is one of the few perks of learning from home. However, getting dressed in the morning is a great way to kick start your motivation and keep you focused.



## ***Take Notes***

It's easy to become distracted or bored during a long online lecture. Try keeping yourself engaged by taking notes instead of letting your mind wander.



## ***Have A Snack***

When you start to feel sluggish or tired during a school day, try giving yourself a boost by enjoying a [healthy snack](#).



## ***Discover Your Learning Style***

Learning styles are often classified into three major categories: Visual, auditory, and kinesthetic or tactile. Take a [test like this one](#) to see which learning style you have.

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# **Plan For Success This School Year!**

Learning from home may take some time getting used to, but with the right routine in place, your student can start their school year on the right track.



## ***Organize Your Space***

Students tend to be more invested in learning when they have a [designated school space](#) at home.



## ***Preview Lessons & Assignments***

Ensure your students understanding of what needs to be done by asking them to describe the details of their assignment to you.



## ***Set Goals for Learning***

When your student starts to feel overwhelmed by a large assignment or project, try helping them by [breaking it down into smaller tasks.](#)



## ***Prepare A Schedule***

Creating a schedule of what needs to be done throughout the school week is a great way to keep your student organized.

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Sources:

[7 Ways to Stay Focused When Studying from Home During Coronavirus - Duke Kunshan University](#)

[Coronavirus and Learning from Home: Tips to Support Success for K-12 Students and Families - Connections Academy](#)