

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.



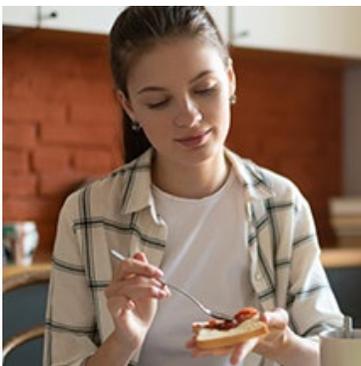
Get Dressed

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.

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.

Copyright © 2020 AntelopeValley.com. All rights reserved.

We send information on upcoming events and offers to Antelope Valley residents. www.AntelopeValley.com

Our mailing address is:

AntelopeValley.com
742 W Lancaster Blvd
Lancaster, CA 93534

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](#)