

Studying at home

This booklet has been designed to support you as you learn at home.



St John's
CATHOLIC
COMPREHENSIVE
SCHOOL



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Keeping motivated



Set yourself goals each day.



Work towards completing a task.



Ask those around you to get involved in your learning.



Keep in touch with others who are in the same situation.



Researchers have found that a minimum of at least 20 minutes a day of any physical activity can create a positive mental attitude.

Staying focused



For every 50 to 60 minutes of study time, plan a 10 to 15-minute break.



When taking a break, get a healthy snack for an energy boost, be active and take a short walk, or listen to music.



Schedule time for additional learning when you are at your most focused and alert. For example, you might find that you retain more information during the morning.

Top Tips for Learning at Home

Rewarding yourself



Having a cup of tea or coffee.



Eating your favourite healthy snacks.



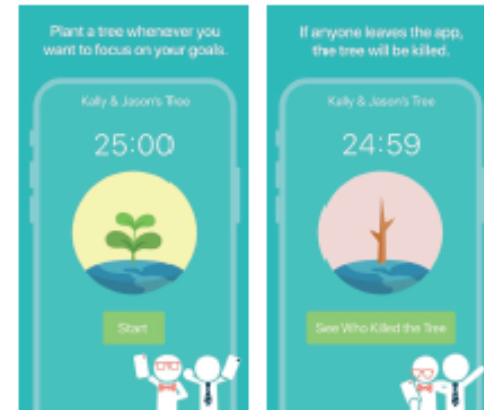
Watching television during your breaks.



Chatting to friends online during your breaks.



Reading a chapter from your favourite book.



Flora - Focus Habit Tracker

It's important to take breaks and reward yourself for your hard work. There are also apps that help you put your phone down and reward you for remaining focused.

[Download](#)

Planning your time



Think about your learning style – do you prefer to work in short bursts or over longer periods?



Plan how much time you need for the work set in each subject.



Evaluate your plan every few days – is it still working and keeping you busy?

Setting realistic expectations



Learning at home is very different to being at school, accepting that there are more distractions is important. Managing these distractions and keeping them to a minimum needs to be part of your daily planning.



Studying on your own, for long periods of time, can become tedious – make sure that you are having regular breaks.



Learning at home, to this extent, isn't something you've ever had to do before, so be kind to yourself and allow time to get used to the new learning routine.

Top Tips for Learning at Home

Creating the perfect working environment



Get started early – pretend you are going to school (try not to stay in your pjs!).



Take regular breaks!



Follow a structured day (see diary planner).



Have a quiet space with few distractions.



Choose a workspace that is comfortable.



Try to work in a cool, bright space.



Limit your social media time (use it as a reward!).



Aim to sit at a desk in a comfortable chair.

If you are practising knowledge recall, here are some top tips:



Reward yourself

In between sessions, eat your favourite (healthy) snack and watch a bit of TV.



Eat, sleep & exercise well

For your mind and body to perform at their best, you need to take care of yourself. Make sure that you get enough sleep, eat and drink well, and get regular exercise.



Time away from learning

Make a hot drink, but don't take it back to your desk with you. Drink it away from your workspace and try to relax.



Remember to pause

Go for a walk, or just sit outside for some fresh air.



Don't go it alone

Have a chat with someone that is also practising knowledge recall – you can give each other support and study ideas.



Believe in yourself

When we're faced with new challenges, we often forget about how far we've come and how much we've already learned. Try to replace worries with positive and proud thoughts.

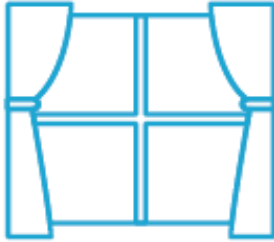
Feeling anxious or worried?

Speak to someone about it. There's plenty of advice out there about how to manage anxiety and exam stress. You could try visiting these websites:

[BBC Learning – The Mind Set](#)

[Youngminds](#)

Setting up your learning area



Natural lighting

Try putting your desk in front of a window – natural light helps constrict your pupils which helps the reading ability of your eyes.



Clear study space

If your workspace is messy, this can have a negative impact on your work and motivation. Having a cluttered desk or table can slow you down and make you feel overwhelmed.



Sitting to study

Sitting to study – sitting for too long or using an uncomfortable chair can sometimes lead to health problems. It's important to find a chair that you feel comfortable in and doesn't make you slouch or have to reach too high to the desk or table.

My Weekly Planner

We've put some examples in, but feel free to add in your own!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Home Learning	<i>Maths focus: Complete set tasks/carry out an online quiz</i>	<i>English focus: complete set tasks/carry out an online quiz</i>	<i>Creative day: Work on an art project / design idea</i>	<i>Subject selection: Complete set tasks or quizzes for another subject</i>	<i>Subject selection: Complete set tasks or quizzes for another subject</i>	<i>Spend time with family Watch a film Read a book Sleep and relax</i>	<i>Go for a hike or walk Do some yoga Bake a cake Sleep and relax</i>
Activities	<i>Going outside for a walk or run</i>	<i>Watching an episode from a series</i>	<i>Read a chapter from your favourite book</i>	<i>Do some general tidying – maybe your room!</i>	<i>Go outside for a walk or run</i>		

My Weekly Planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Home Learning							
Activities							

Looking after your mental health

Talk about your feelings – this isn't a sign of weakness, it's part of staying healthy.

Keep active – regular exercise can help you concentrate, sleep and feel better.

Keep in touch – try not to isolate yourself, catch up with friends on the phone or spend time with your family.

Ask for help – we all sometimes get tired or feel overwhelmed. If things are getting too much for you, ask for help.

Take a break – a change of scene is good for your mental health. It could be as simple as a five-minute walk around the garden!

Eat well – your brain needs lots of different vitamins and minerals to stay healthy and function well.

Foods to boost your brain

Many foods can help keep your brain healthy. Some foods, such as fruits and vegetables, as well as tea and coffee, have antioxidants that help protect your brain from damage. Others, such as nuts and eggs, contain nutrients that support memory and brain development.

- Fruits and berries – Apples are high in fibre and vitamin C. They make the perfect snack if you are hungry between meals.
- Strawberries are highly nutritious and low in both carbs and calories.
- Nuts and seeds – Almonds are loaded with vitamin E, antioxidants and fibre.
- Vegetables – Carrots are full of fibre and vitamin K and make a quick, preparation-free snack.
- Broccoli contains a decent amount of protein compared to other vegetables.
- Potatoes are loaded with potassium and contain a little bit of almost every nutrient you need, including vitamin C.

Online Support

To help support you and your mental health, Headspace is offering free meditations for sleep and movement exercises to help support a positive mood.

www.headspace.com/covid-19

There are simple things that you can do to look after your mental health. The 'Every Mind Matters' campaign gives you free advice, tips and plans to follow.

www.nhs.uk/oneyou/every-mind-matters

Advice for parents

- Regardless of your child's age, it is important to have a schedule for them during their additional time at home. Educators recommend providing structure to each day by allocating time to different activities and sticking to this on a day-to-day basis.
- Home learning doesn't mean that you have to be the teacher. Use the things available to you, such as work sent by the school or the many online free resources.
- Try to fit exercise into the daily routine. If outdoor activity isn't an option, there are many workouts or yoga classes for young people available on websites such as YouTube.
- Your child will still need to socialise with their friends and peers. If this is not something they can do face to face, then it is important to allow them time to chat to friends on things like Facetime for example. If you are concerned about their time spent online, the following organisations can provide useful advice.

CEOP

www.ceop.police.uk/safety-centre

The Children's Commissioner 'Digital 5 a Day'

www.childrenscommissioner.gov.uk/our-work/digital/5-a-day

Net Aware NSPCC

www.net-aware.org.uk

NSPCC Online Safety Helpline

0808 800 5002