

REMOTE LEARNING TIPS FOR STUDENTS

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“ Work with your mom and dad and put together a family schedule.”



There is likely to be a challenging period adjusting to learning from home, on-line school tools are being designed and much work is still to be circulated. Here are some tips to assist you to adjust:

1. Put together a schedule

- No matter what our age, working towards a schedule makes for easier work. It is important for you to set up a daily school schedule. We suggest you using colour code to break down and group your subjects or relevant information together.
- Ensure that you schedule time for breaks.
- For younger children, work with your mom and dad and put together a family schedule. Ensure that you schedule your daily routines.

2. Keep to a routine

- Try to keep your routine as set as when you were attending school. This will assist you easier when you do go back to the normal schooling.
- Do the same tasks such as hygiene, snacks & meals, chores, watching tv and sleep at the same time daily.

3. Designate an area for your learning

- Find a dedicated work space for yourself with lots of natural light. We do not suggest your bedroom but rather a quite space in the house free from distractions. Make the space your own and make sure that all your stationary, reference books, and all requirement to complete your work are in your workspace to ensure that you do not have to interrupt your working.



4. Tech Rules and distractions

- When attending online classes, referencing work, resources, watching videos, researching etc. Make sure you stay on task. We know that the internet can be all consuming and before you know you know you are far away from the subject matter.
- Reference the sites that you need to visit and only spend the allocated time slot on it.
- Make sure you are only visiting approved sites.
- Avoid any distractions. Turn off your phone, tv and music and check your social media and messages only during the break time. Should you be using your phone to access online school or websites, make sure that your notifications to messages and social media is turned off.

5. Don't be afraid to ask for help

- You can't learn effectively if you don't understand the material. Be sure to ask teachers, parents and even peers for help if you're confused about something. Don't cause yourself undue stress or negative thoughts trying to find the solution by yourself.

6. Break it down

- When you feeling overwhelmed by the work it can help to break the work into chunks. Make sure that you break it down in your schedule to keep you on task for the day. Most brains can only pay attention for about 45 minutes. If you've been working for a while and find it hard to concentrate, take a water break or a quick stretch outside. Come back with a clear mind.

7. Notice your feelings

During this lock down period there are many things that you are missing, your friends, trips, sports. This change in routine will cause emotions. Start becoming very aware of the emotions that you are experiencing. Work through the following steps:

- Name the emotion
- What does this emotion feel like in your body
- What thoughts are thinking during this emotions
- Are these thoughts and feelings positive to my well being
- If negative, what are the benefits of holding on to this emotion
- What can you do to pass through this negative emotion

8. Take breaks

- Taking regular short breaks every 50 – 90 minutes will assist you to focus better. If you are attending or busy with a highly intensive subject or study, we recommend you take this break to do some exercise. A short exercise routine will make you feel more energised and refreshed.
- Fight the temptation to turn on the TV, play a video games or stop working!!!

9. Eating

Being at home is very easy to open the cupboard and take out snacks, chocolates, chips and sweets. During this on-line school period ensure that you are eating healthy foods that fuel your brain. Foods like apples, nuts, berries can improve your ability to focus, retain information and remain mentally alert. Ensure that you start the day with a healthy breakfast as this will fuel your body and set the tone for the day.

10. Do things you enjoy

- While you waiting for this stay at home time to pass, do things to have fun. Do things you enjoy by yourself or with your family.
- Read, do puzzles, get creative, write a story or find a craft. Things like dancing, yoga, build, play or listen to music or taking a stroll around your garden. Ensure that you are scheduling time every day fun.



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