

GUIDE TO LEARNING AT HOME

GET ENOUGH SLEEP

The brain needs sleep not just to rejuvenate your body but to assist with embedding what is learned during the day in to your long-term memory. If you are getting less than 8 hours of sleep a night you won't be making the most of the time you've spent learning!

PLAN YOUR TIME

Use a study planner to organise what you will be working on each day and what tasks you need to submit. Write down the time you start working and record when you end. Plan time for physical activity, chores and meals

EAT A HEALTHY DIET

Eating well makes you feel better, helps you concentrate and helps your immune system stay strong and fight illness and infections.

Try to eat a wide range of fruit and vegetables each day, and stay hydrated!

HAVE A DESIGNATED STUDY AREA (NOT YOUR BEDROOM !!)

Choose a quiet, comfortable, well lit, ventilated place to do your learning where you won't be easily distracted. It should be in a public part of the house, supervised easily by an adult so they can assist as necessary.

USE A TIMER

Keep track of how long a task is taking. Write down what time you started working and what time you finished. If a task is taking more than 40-50mins, take a brain break to freshen up your brain.

TAKE REGULAR BREAKS

Plan regular breaks – Even the most capable people struggle to stay focused for long periods of time. After each 40-50minute block of learning, have a short screen free 'brain break'. Go to the toilet, get a drink, have something to eat and even go for a short walk or do some exercise before starting again.

DO SOME PHYSICAL ACTIVITY

Do some physical activity – National Physical Activity Guidelines suggest young people should be doing approximately 60mins of moderate to vigorous physical activity every day. Plan to do physical activity in chunks of at least 20mins throughout the day. Set yourself some challenges or goals to achieve.