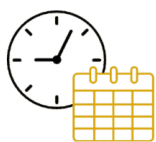


# LEARNING FROM HOME

## TIPS FOR STUDENTS



### MAINTAIN ROUTINES

- › Follow your structured or flexible Weekly Learning Plan each day
- › Keep meal breaks at a similar time
- › Make healthy choices when eating
- › Include exercise each day
- › Dress appropriately for learning
- › Aim for a good night's sleep

### EACH DAY

### BEING ORGANISED

- › Your learning space is well set out
- › Complete your Weekly Learning Plan on Monday
- › Charge your laptop and phone overnight (in a common space)
- › Prepare all the equipment you will need for learning



### DEMONSTRATE CONSISTENTLY



### WORK ETHIC

- › Follow the Weekly Learning Plan daily
- › Commit to learning enthusiastically
- › Aim to complete tasks for check points
- › Reflect on your learning effort regularly
- › Make positive choices online, preserve your digital footprint
- › Remove distractions (eg: put your phone away during learning)

### ENGAGE ENTHUSIASTICALLY

### COMMUNICATION

- › Complete the Sign In daily
- › Check your emails regularly
- › Be proactive in seeking support when needed
- › Be polite and appropriate in your online interactions with everyone
- › Start emails with a greeting, and sign off with 'Regards' and your name



### ALWAYS BE PROFESSIONAL



### SUPPORT:

- › Year Level Coordinators
- › Student Support Services
- › Learning Support
- › ICT Services

