



SET A MORNING ROUTINE



It's tempting to worry about class time when it actually starts. Try to get yourself in a routine so you're ready a little before class.

SCHEDULE YOUR TIME



Create a routine for yourself with set times to do your school work. Use a calendar, the google classroom tasks, or reminders on your phone

SELF-ADVOCATE



Don't be afraid to ask for what you need. If you're confused or the teacher is moving too fast let them know.

COLLABORATE



Connection and collaboration is more important now than ever before. See if other people from the class want to connect after class and work together

CREATE YOUR LEARNING SPACE



Create a designated spot for you to do virtual school. It should be low on distractions and be comfortable and organized. Avoid your bed or anywhere you'll drift off.

PRACTICE ORGANIZATION



It's easy to get overwhelmed in virtual school. Save work in specific places, keep your work space organized. Delete emails or notifications that have passed. This will help reduce anxiety.

TAKE BREAKS



Looking at a screen all day will tire you out. Make sure to get up and get outside. Eat a snack or a meal when needed. Make sure to take care of your needs.

USE STRATEGIES WHEN FRUSTRATED



Virtual learning is new to everyone. It's ok to be frustrated. If you need to ask for help, take a deep breath, grab a fidget, etc.