

# Four Habits Middle and High School Students Will Need For a Great 2020-2021 School Year

Some kids will be learning from home every day and some will be learning from home every other week. When you are doing school but you are not AT school, that is called remote learning or blended learning. Here are some habits you can develop in yourself that will help you succeed this when you are learning remotely this school year!

## Stay Healthy!

1. Enjoy sunshine, nature, and fresh air every day.
2. Eat healthy meals and snacks.
3. Get your rest by sticking to regular times to go to bed and get up.
4. Limit time spent gaming, on social media, watching tv, etc. A lot of school will be online and you need to limit other screen time for the sake of your eyes and your brain.
5. Wash your hands with soap and water several times a day.
6. Take face coverings seriously and stay six feet apart when you are around people who don't live with you.

## Get In On the Action!

1. You have to learn new things and practice things you already know every day.
2. When you are doing remote learning you need to go into Canvas and do assignments every day.
3. If you don't have good internet at home, your teacher will show you what to do so you can still do school work every day while remote.
4. If you are doing a Google Meeting with your teacher and your class, speak up. Ask questions. Make comments. Type things in the chat bar or use the microphone.
5. Show your stuff! Upload pictures or videos of your work to show what you have learned.

## Make Yourself An Office!

1. Find a quiet and comfortable space and claim it for your school from home.
2. Organize your workspace and your time.
3. Have all your supplies where you can find them each day.
4. Keep a calendar of important events and due dates for assignments.
5. Keep your office a quiet space so you can stay focused.
6. Ask for headphones, if you need them, to help reduce noise and make it easier to listen to your teacher.
7. Take good care of your Chromebook. It is your most important tool.
8. Clean up your space daily and put things away to make the next day less frustrating.

## Ask for Help! (We all need it sometimes.)

1. If you don't understand your schoolwork, ask your teacher. Your family can call, you can ask questions during Google Meetings or you can use Remind or email.
2. If you have questions about your school schedule, GPA, credits needed, etc. call or email your school counselor. They love to help with that stuff!
3. If you feel sick, ask your family or your teacher to let you talk to the school nurse or your family doctor.
4. If you feel sad, lonely, or hopeless ask your family or your teacher to let you talk to your school counselor.
5. If you have any thoughts of harming yourself or others, call 1-800-273-8255 immediately.