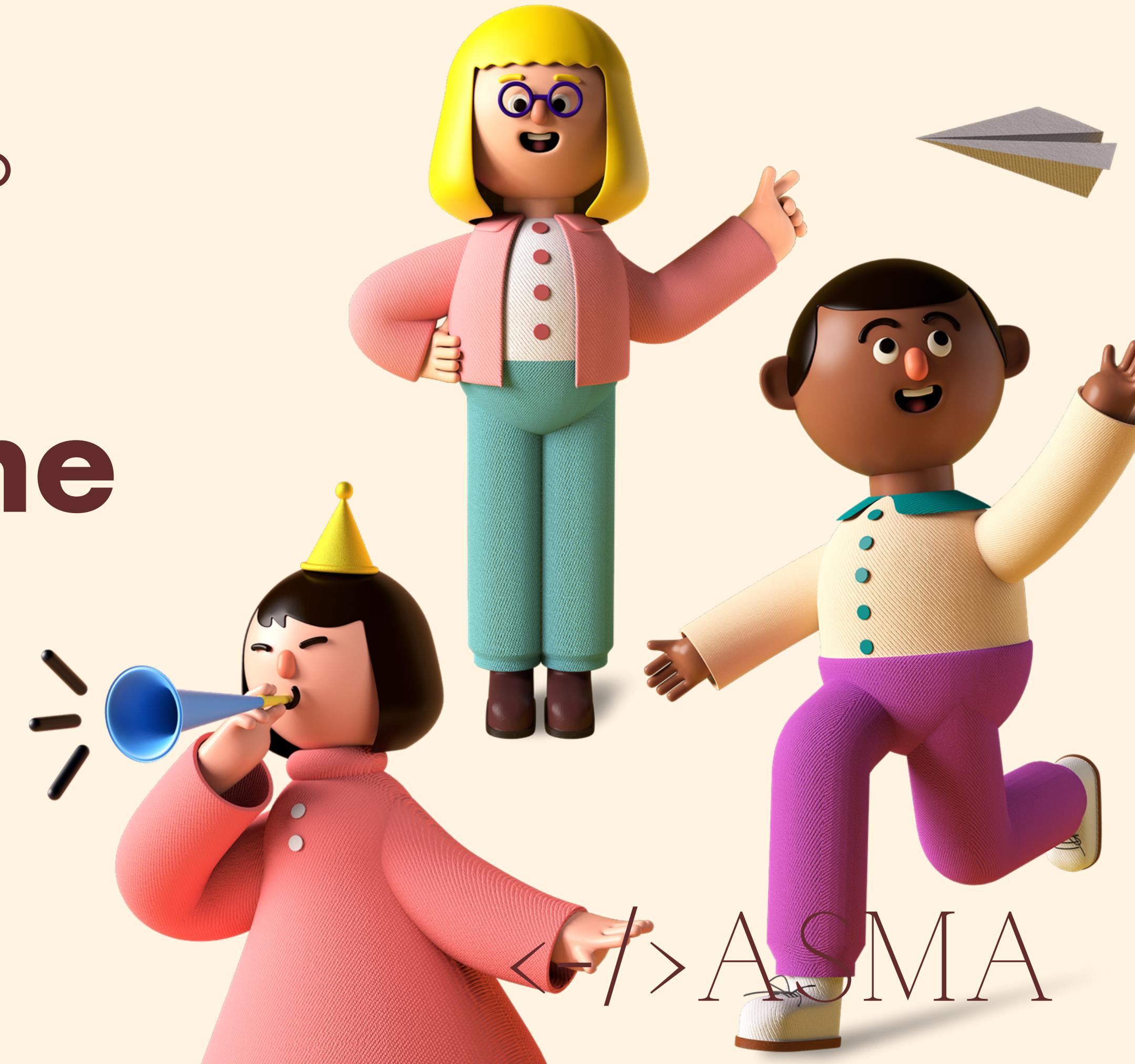


A Student's Guide to  
**Learning  
from Home**





# Set up your study space.

Find an area in your house where you can sit comfortably and focus.

Make it separate to your relaxation space. Ideally away from a TV screen or other distractions.





# Speak up and ask for help.

When things get tough, don't just push it. Ask your parents, reach out to your teacher, or seek the help of your classmates.

Support will always be available as long as we ask for it.





# Write it down.

Use a journal to track your progress or any questions you might want to ask your teacher about the lessons in class.





# Learning from home can be difficult, but it's definitely achievable.

Remote learning helps reinforce lifelong skills,  
such as time and energy management,  
independence, and creative thinking.

