




ONLINE LEARNING



A STUDENTS GUIDE





Get up early as if it was a normal school day.... 

Plan a timeline for your day - Online Classes /Breaks/Exercise/Study/Finish Up   

Choose a quiet, comfortable workspace where there will be least disruption   

Organise your books, stationary, technology for the day ahead. Charge up your technology the night before  

Apply school rules during school hours. Stay off social media/messaging when you are studying or in your online classroom  

Be aware A Healthy Body = A Healthy Mind, eat healthily and at regular times    

Keep hydrated – Drink plenty of water    

Talk to your friends if something is bothering you  

Try activities such as exercise / meditation/ yoga to help to de-stress   

ENJOY THIS NEW WAY OF LEARNING

We lead highly effective schools consistent with our core values

School Support Directorate - Education and Training Boards Ireland 2020