

How to make the most of learning from home?



QUALITY HABITS lead to QUALITY LEARNING

Plan out your day. It will help you stay focused and calm. While you learn virtually, feel free to follow your regular school schedule or change it up. Whether you're an early bird or a night owl, you can have start times that suit you. Take advantage of the time of day you feel most productive or when you have the most peace and quiet. Please see two samples below.



Although learning from home may seem convenient, it's also easy to get distracted. If possible find a quiet place to study and stay away from social media during study times!

After three classes, you earned a short break! Use a timer to get you back on track so that you don't get behind!

Example Schedule:		
8:00-8:50AM	Class #1	ELA
8:50-9:40AM	Class #2	LIVING ENVIRONMENT
9:40-10:30AM	Class #3	Elective (THEATER) / Elective (HEALTH)
10:30 - 11:00AM	Morning Break	
11:00-11:50AM	Class #4	MATH
11:50AM-12:40PM	Class #5	MATH
12:40-1:30PM	Class #6	GLOBAL STUDIES
1:30-2:20PM	Lunch	
2:20-3:10PM	Class #7	CHINESE
3:10-4:00PM	Class #8	PE / Elective (ART)

Or if you have trouble getting up in the morning try starting at noon.



Stay hydrated and if possible eat healthy snacks! Try to have water and snacks prepared before you start your lessons!

Try stretching during your break! It helps you feel refreshed and will also increase your productivity!

12:00PM-12:50PM	Class #1	CHINESE
12:50-1:40AM	Class #2	ELA
1:40-2:30AM	Class #3	THEATER / HEALTH
2:30 - 3:00AM	Afternoon Break	
3:00-3:50AM	Class #4	MATH
3:50-4:40PM	Class #5	MATH
4:40-5:30PM	Class #6	GLOBAL STUDIES
5:30-6:20PM	Dinner	
6:20-7:10PM	Class #7	EARTH SCIENCE
7:10-8:00PM	Class #8	PE / ART



Or if you need to start at 5PM you can start then too. No matter when you start and finish it's still important to get a good night's sleep to ensure you're productive the next day.



如何利用在家学习的机会? 有质量的习惯才有质量的学习

计划好你的一天。它将帮助你保持专注和冷静。当你在互联网学习的时候，你可以自由地按照常规的学校时间表来学习或者改变它。无论你是早起鸟还是夜猫子，你都可以有适合自己的开始时间。利用一天中你觉得最有效率的时间，或者你最平静的时候。请看下面的两个样品。



虽然在家学习似乎很方便，但也很容易分心。如果可能的话，找一个安静的地方学习，学习期间远离社交媒体!

上了三节课，你得到了短暂的小休!使用计时器让你回到你上课时间表，这样你就不会落后了!



例子时间表		
8:00-8:50AM	Class #1	ELA
8:50-9:40AM	Class #2	LIVING ENVIRONMENT
9:40-10:30AM	Class #3	Elective (THEATER) / Elective (HEALTH)
10:30 - 11:00AM	Morning Break	
11:00-11:50AM	Class #4	MATH
11:50AM-12:40PM	Class #5	MATH
12:40-1:30PM	Class #6	GLOBAL STUDIES
1:30-2:20PM	Lunch	
2:20-3:10PM	Class #7	CHINESE
3:10-4:00PM	Class #8	PE / Elective (ART)

或者，如果你早上起床有困难，试着从中午开始。



保持要喝水，如果可能的话吃健康的零食!试着在上课前准备好水和零食!

试着在休息的时候做做伸展运动!它能让你感觉精神焕发，还能提高你的工作效率!

12:00-12:50PM	Class #1	CHINESE
12:50-1:40AM	Class #2	ELA
1:40-2:30AM	Class #3	THEATER / HEALTH
2:30 - 3:00AM	Afternoon Break	
3:00-3:50AM	Class #4	MATH
3:50-4:40PM	Class #5	MATH
4:40-5:30PM	Class #6	GLOBAL STUDIES
5:30-6:20PM	Dinner	
6:20-7:10PM	Class #7	EARTH SCIENCE
7:10-8:00PM	Class #8	PE / ART



或者如果你需要在下午5点开始，你也可以在那时开始。不管你什么时候开始，什么时候结束，晚上睡个好觉来保证第二天有效的工作效率都是很重要的。