

7 TIPS FOR CREATING GOOD AT-HOME STUDY HABITS



TIP #1

Keep to a Regular Schedule

Start and stop at the same time every day. When tempted to do something else, tell yourself (and others), "I'm at school right now."

Create a Separate Workspace

Carve out a quiet, TV-free space for yourself. If you need to share a room with others, consider using headphones or staggering schedules if you can.

TIP #2



TIP #3

Track Your Progress

Write a daily or weekly "To Do" list. Checking items off your list can be motivating!

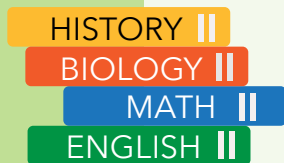
Take a Brain Break

Stop, stand and stretch. Elementary school students need a brain break about every 15 minutes; for middle and high school students, it's about every 20-30 minutes.

TIP #4



TIP #5



Move Away From the Screen

Balance your online learning with other resources like books and games. Periodically during the day, turn off your device and go outside.

Reward Yourself

When you reach a goal, treat yourself with a special snack or an extra break.

TIP #6



TIP #7

Find a Groove

Discover what rhythm works best for you and your family. If you need help, ask your teacher. We're here for you!

