

# 10 Tips for ONLINE LEARNING

**1** Wake up early, take a shower, get dressed and have breakfast



**2** Create a work station in a quiet place that includes a desk, a firm chair and good lighting



**3** Limit distractions (phone, noise, etc)



**4** Have your breaks away from all screens



**5** Move often, meditate, stay hydrated and eat fruits and veggies



**6** Work on your assignments daily. Don't procrastinate

**7** Be kind and respectful with your teachers and classmates online



**8** Keep your camera on. Teachers need to see you



**9** Keep your mic muted when not speaking



**10** Ask for help whenever you need support

