

URSULINE HIGH SCHOOL

Learning Conference

Looking after yourself during remote learning

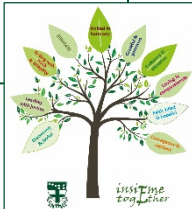


What are we finding difficult during lockdown?



Advice from Year 8 and 9 students who did this last year.

“...within the breaks making sure you get up from your laptop to make sure I am not in the same place for too long. For the first week I was in my room with the windows and door shut, closed off from my family and it made me feel slightly overwhelmed so my mother suggested I come down stairs and that highly helped me concentrate.”



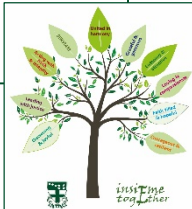
Advice from Year 8 and 9 students who did this last year.

“I would say that preparing yourself in the morning like you normally would helps your routine to continue, and helps to make you ready for the day ahead!”



Advice from Year 8 and 9 students who did this last year.

- **Here are some tips that helped me learn during online learning:**
- Work in a quiet comfortable place
- Don't play on your phone
- Eat healthier
- Exercise during break and lunch
- Meditation can help you focus more
- Make a productive schedule, that you will follow everyday



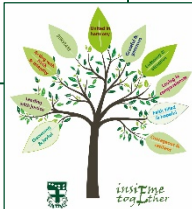
Advice from Year 8 and 9 students who did this last year.

- Here are some tips that the Year 7's could use for learning online...
 1. Stay Focused- don't try listening to music or try playing computer games while learning
 2. Try to step back from screens during break
 3. Stay in a quiet place in your home where you can focus on your learning
 4. Try learning to type and read faster
 5. Contact the laptop doctor if something is wrong
 6. Listen out for important things from your teachers (keep speaker on)
 7. Don't cheat on tests- they are to see how well you are doing and cheating will not help you learn
 8. Be resourceful- if something is not working try to get to it in a different way
 9. When using the chat write in standard English and be polite
 10. Do not turn on the mic or camera unless told to



Advice from Year 8 and 9 students who did this last year.

I think I would definitely recommend for revising to play some music with headphones on but without any lyrics for example, piano. As there are no lyrics, your mind will not be focused on the song rather than your work as well as cancelling out noise around you. You can easily find 'studying music' on Youtube too. I hope this is useful.



Advice from Year 8 and 9 students who did this last year.

Some things that really helped me last lockdown and that I will continue to do in this lock down were:

- Making sure my phone was turned off and out of my room, they days I did this I found that I got so much work done.
- Having a tidy and nice workspace, having a tidy desk makes a big difference to me I feel way more productive that way and I also have a few nice decorations (e.g. picture frames and fairy lights) to make it look a bit nicer so that I'm more motivated to stay at my desk not my bed all day!
- Waking up early and getting ready, I like to get up about an hour before online lessons start so that I have time to get changed, have a healthy breakfast, brush my teeth etc so that I'm not rolling out of bed in my pyjamas at 8:20 and joining lessons from my bed!
- Making sure I go out on a walk every day, this isn't really online school related but I can't express how much it benefits your mental health, last lockdown if I didn't go out of the house I felt awful so it is really, really important that you do.



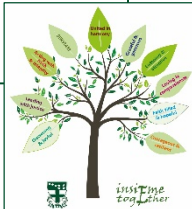
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My four tips for learning at home are:

- Make the most of the screen breaks and lunch time
- Keep a designated area for studying so you can focus better
- Get a good night's sleep before school
- Create a routine so you get the most out of your day and can organise yourself.



- Another tip that has really helped me through online learning has been to make use of the extended breaks between lessons, as originally I had just taken them as a time to stay where I was sitting and read a book or check my phone, but in one of his assemblies my Head of Year mentioned that we should get up and go for a walk around our house, or get a drink of water. Though it was such a small thing to do, it made a great difference, as we all work best when we're well hydrated, and exercised, even if it's only to a small extent, and I found it so much easier to concentrate after following his advice.
- My final piece of advice would be to keep doing as many of the things you used to enjoy before lockdown as possible, whether it be a hobby, club, or just talking to friends. I found that having a zoom call with a few of my friends even just once a week after school really brightened my mood, and made lockdown so much more bearable, and even enjoyable.



Last one.

Engage with the lesson!

Camera, Microphone

- use them all the time when asked to do so.

Don't be afraid to get involved in the lesson!



Your turn....

Now it's your turn.

Take some time now to write on paper what you will change about your workday routine.

Make a pledge of how you will work from now on.

Share this with a friend and a family member.

