



Study Skills Strategies for Learning at Home

Organize Your Day - Make a plan of what subject (and assignment) you plan to work on and the amount of time you plan to work on this subject/assignment. Write it down for you to reference, and stick to this schedule. Plan breaks you need.

Organize Your Study Space - Look for a comfortable space that is away from distractions. Remove any distractions that you can, such as your phone.

Don't multitask - Studies have shown that multitasking is impossible and you will be more productive if you focus on one thing at a time.

Give Yourself Breaks - Studying is work so give yourself breaks. Also divide the material into chunks to help your understanding. Give yourself little rewards as you finish assignments or chunks of material, to keep yourself motivated and make schoolwork more fun.

Get Enough Sleep - 8-10 hours is recommended for children aged 13-18. Enough sleep will allow you to pay attention to what your schoolwork and remember what you learn.

Take notes on assigned reading - Taking notes will keep you engaged while reading, when your mind can wander, it will also help you remember key points. It will also help you when it's time to study, you'll have the material organized with key points.

Study - Start reviewing your material a few days before the tests. Break the material into manageable chunks of information and review the chunks of information in different manners (i.e. flashcards, reading over material, guess the questions and answer them).

Find a study group for your classes - Because you're not in class with other students, it would be helpful to have a group of students you can study with (virtually) and/or ask questions about assignments and material.

Ask questions - If you don't understand the material, reach out to your teacher or other students to ask for clarification.



Tips for Reducing Stress/Anxiety

Get Enough Sleep - 8-10 hours per night are needed for children aged 13-18. Enough sleep allows you to feel calm and relaxed., make good choices and feel good about yourself. If you are sleep-deprived you may feel sad, hopeless or anxious.

Eat Healthy Food and Drink Plenty of Water - You will feel better physically and can focus on eating foods that boost your immunity (Vitamin C, Vitamin E, Zinc, Carotenoids and Omega 3 Fatty Acids).

Connect virtually with Family & Friends - Even though you need to keep a social distance, it's good to be connected and feel connected.

Write in a Journal - Write your feelings down to help you understand your feelings better and/or give them another place to live, rather than in your head. A gratitude journal will help you to focus on what you are grateful for in your life.

Dance - The chemicals (dopamine, oxytocin, serotonin and endorphins) released when you dance are good for your brain and it's fun.

Practice Deep Breathing Exercises - Abdominal breathing increases the supply of oxygen to your brain and stimulates the parasympathetic nervous system, which promotes a state of calmness.

Exercise - It boosts physical and mental energy and enhances well-being through the release of endorphins and relaxes the muscles and relieves tension.

Be creative - Write, create/play music, draw, paint, color (you can use adult coloring books or mandalas). Creating art is a source of relaxation and self-expression; it gives your brain a break from daily thoughts. It's been proven that in as little as 45 minutes, creating art lowers cortisol (the "stress hormone").

Read for fun - Find a book that will be enjoyable (comic book, poetry, short stories, whatever interests you). Reading for fun can distract you from what is causing stress and brings about inner peace and tranquility. If you don't have books lying around, find e-books.

Organize a Cluttered Space - Psychologists suggest that de-cluttering can make us feel more content. It creates a sense of confidence and self-efficacy, gives your mind a chance to wander and sometimes involves physical activity.

Cook or Bake— It gives you the opportunity to feel the joy of sharing, can be meditative, and is a way to stay in control.



If You Need (or Want) Support Contact these Resources

Valley Creek Mental Health Crisis Center - 24hr 1-877-918-2100

24hr Drug & Alcohol Helpline 1-800-821-4357

National Suicide Prevention Lifeline: 1-800-273-TALK

National Crisis Text Line: text HOME to 741-741

Safe2Say: 1-844-SAF2SAY or www.safe2saypa.org