



# EXPECTATIONS DURING REMOTE LEARNING STAYING FOCUSED DURING ONLINE LESSONS

## 2. MAKE NOTES DURING THE LESSON

Watch this video (10 minutes), which shows your how to use the Cornell Method for taking notes in lessons.

[Cornell Note Taking Video](#)



## 4. WALK AWAY FROM THE SCREEN DURING BREAKS AND LUNCHTIME.

Like any muscle, your brain can get over-tired. By mindlessly scrolling your phone or gaming during breaks, you may **feel** as though you're having a break, but the **reality** is that your brain is still receiving information and having to process what to do with that information. Instead, use the time to:

- Step outside and take some deep breaths of fresh air
- Have a snack or lunch. Your brain needs fuel as well as your body.
- Connect with someone in real time. Check up on your family. Have a conversation with someone which doesn't involve a screen

## 5. GET ENOUGH SLEEP

Lack of sleep has a serious impact on your ability to focus and remember things. Read this article for more information and for some useful tips:

[Teenagers and Sleep](#)



## 1. ELIMINATE DISTRACTIONS

- Turn off notifications on your phone (except for notifications from your school emails!)
- Turn on your 'do not disturb' mode on your phone
- Consider downloading a productivity app. **Forest** is a particularly good one.
- Close down any online gaming tabs.



## 3. STRETCH, GIVE YOUR EYES A REST AND HYDRATE

Sitting at your desk and hunched over a screen for long periods of time can leave you feeling tired and aching.

This video takes you through exercises which you can do during a lesson, without leaving your desk: [Stretches without moving from your desk](#)

If you're feeling spaced out from staring at your screen, try this one-minute exercise for eye strain: [1 minute eye exercise](#)

Keep a bottle or glass of water beside you. Keeping hydrated helps you to improve concentration, memory and can prevent headaches

