

# 7 TIPS FOR CREATING GOOD AT-HOME STUDY HABITS

## Keep to a Regular Schedule

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

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## Create a Separate Workspace

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

## Track your Progress

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

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## Move Away from the Screen

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

## Take a Brain Break

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

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## Reward Yourself

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

## Find a Groove

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

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