QUICK TIPS

Supporting your learning at home: A guide for St. Mungo's students

We know that this is another very unsettling time for St. Mungo's students as we are all re-adapting to online learning/working. Online learning communities can be as rich, supportive and exciting and we hope you can adapt to this experience and benefit from it. **Here is a summary of useful advice given by students after the previous lockdown.**

1 **Be patient and don't worry** – we are all trying our best and if things don't go well or upload, try later. Remember, we all feel the same!

2 **Stick to a routine and follow your timetable** . There are many time Management techniques, so find one that suits you (*see Pomodoro Technique, right*). You will have daily and weekly tasks to complete.

3 **Find somewhere quiet to work**. You can work from bed, but this might not be the most comfortable! Aim to get somewhere peaceful to work, try to use a desk or table. If you are sharing, be considerate to others.

4 **Take regular screen breaks**. Having prolonged time in front of a screen is not healthy, so plan breaks & fresh air. *5 hrs daily max!*

5 **Use classroom language** - speak and write as though you were in class. Be polite, avoid negative comments or spamming chats.

6 **Stay safe online**. Don't send passwords or login details. Do not send images, videos or links via official school platforms or apps.

7 **Get connected**: Be proactive and communicate with your pals and class mates. Try forming smaller virtual study or reading groups and work through online materials together.

POMODORO TECHNIQUE How to **Get More Done**

1. Identify task

2. Set timer for 25 minutes

15 20 25

3. Work on task (with no distractions)

4. End work when timer rings and mark task as done

5. Take a 5 minute break, then move on to next task

6. After four sprints, take a longer break (15–30 minutes), then start again

Pomodoro 1 | Pomodoro 2 | Pomodoro 3 | Pomodoro 4 | Break :)

Click here to view a video on the pomodoro technique

Click here for an online timer **or** **here for another**

Support you can access on the school website

Timetable template

Wellbeing advice

'Think you Know' Online Safety

Website links

Courses with accreditation

Progression in learning – ready for your return

Challenges/Quizzes

If you are in the senior school start looking at SQA sites, BBC Learn, BBC Bitesize and Scholar to find out more about subjects and topics