

Tips for Virtual Learning

SET SMALL REACHABLE GOALS

It's important to recognize that these aren't normal times, and your productivity is likely not at its peak right now. That's okay. Setting daily goals can help you to make your day as productive as possible.

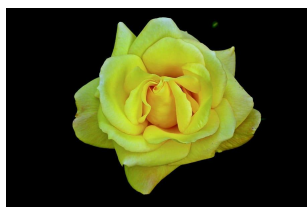
- ★ Be realistic with the goals you set.
- ★ Write down your daily goals/tasks in a list
- ★ Focus on small goals for each day, then cross off your list.
- ★ Make your small goals feasibly be tackled in a day
 - Focus on what is due first
 - Start with easier tasks
 - Don't get frustrated, just ask for help
- ★ Make a daily schedule and stick to it!
 - Get up and go to bed at the same time during the "school week"
 - Set alarms
 - Designate specific work time to complete tasks
 - Schedule breaks
- ★ Eat healthy and drink water (don't forget to pick up lunch from school 11-12:30)

FRIEND TIME SOCIAL DISTANCING STYLE

Thanks to platforms like Zoom, FaceTime, or Google Meet you can still hang out or work with friends virtually! Get a group of friends together on Zoom to catch up or to work on an assignment together. Schedule virtual get-togethers with your friends, and have them often! The promise of a set time and date to get together can be something to look forward to.

DEEP BREATHING

- ★ Smell the flowers
- ★ Blow out the Candles



I NEED MORE HELP

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