

Tips and Tricks for Distance Learning from your MHS Counselors

Broncos, as you know, we will be participating in distance learning for the remainder of the school year. It is extremely important now, more than ever, to stay on top of your school work!

Below are a few tips from your MHS Counselors to help make your time both meaningful and productive.

ACTIVE STUDYING IS KEY.

Ask yourself questions before, during & after each study session. Questions can look like:
What do I currently know about this topic?
What did I just read? Can I paraphrase the information I read? What am I unsure about?

STUDY AT THE RIGHT TIME.

Everyone's schedule will look different based on your situation. This could be early morning some or later in the day for others. You know yourself better than anyone; find the right time to complete your work.

HAVE A DESIGNATED STUDY AREA.

This could be at the kitchen table or at a desk.
It is extremely important to study away from TV/cell phones which may cause distraction.

EAT PROPERLY.

If you can, have a snack ready to go before you begin studying. Remember, you can pick up breakfast/lunch for FREE!

<http://www.mustangps.org/SchoolClosureResources.aspx>

GET A GOOD NIGHT'S SLEEP.

During this time, it is extremely important to maintain a regular bedtime routine.

CREATE A SCHEDULE.

Schedules are important. Figure out how much time (none is not an option) you need to spend on each subject. For instance, you might need to give yourself more time for math work each day.

REACH OUT IF YOU NEED HELP!

Remember, WE are here for YOU. We know these changes might be stressful. Don't hesitate to contact your MHS Counselor if you need anything during this time.

-YOUR MHS COUNSELING TEAM-

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