



MATER DEI CATHOLIC HIGH SCHOOL

Your Counselor's Advice for Successful Distance Learning

Set a daily morning routine Monday-Friday:

- That means setting your alarm every morning, waking up, getting ready for the day (yes, that means getting out of your pajamas, changing into clean clothes, making your bed, and eating breakfast).
- Create a weekly planner where you map every hour of your "school day".
- Have clear goals and intentions of what you want to accomplish every day.
- Check your email and Schoology daily.

Afternoon time:

- Self-care is a big part of staying healthy and happy.
 - Self-care ideas; practice playing an instrument, read a book, talk on the phone with your friends and family, play a board game, draw/paint, pick up a hobby, exercise, eat meals together with your family, do activities with siblings, listen to a podcast.
 - TV time and being on your phone are good activities to unwind, but make sure they do not take up most of your free time. Engage in a variety of activities.

Last tips:

- Have a set workstation (try not to work in your bed, or with the TV on or other distractions).
- Stick to your routine Monday to Friday. However, be flexible with yourself. If some days you are unable to keep up with your schedule, have a plan of how to get back on track.
- Remember, your counselors are only an email away, we are happy to help any way we can. Please reach out! We want to help!