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TIPS for Students During COVID-19

We are here for you and never hesitate to reach out by email or social media.

You can find us @nhs_info on Twitter and Instagram.

Here are some top tips from Nepean High School teachers to help while you are working from home.

1

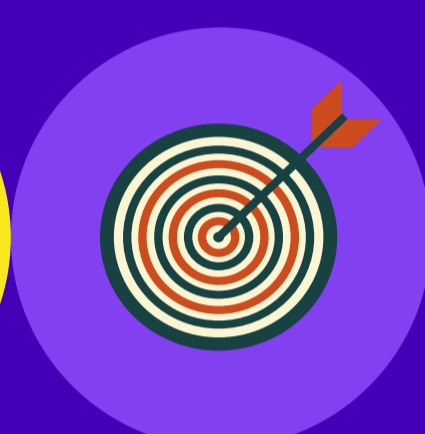


Know what is expected each week

You can expect 3 hours of work per course per week. Know what each task requires in terms of reading, writing, creating, researching, applying understanding, etc.



2



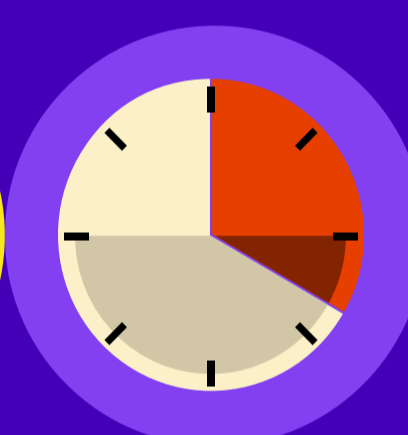
Set daily goals

Set goals for each day of the week to complete school work, get exercise, spend time with friends and family, and enjoy hobbies.

"When my focus ability goes down I go for a short workout or a short walk to catch some fresh air."

STANO BOCINEC
DevOps Engineer

3



Time management techniques

- Make lists of what you need to do.
- Use a calendar on your phone with notifications the day before.
- Get in a regular sleep pattern.

"Time management is really personal management, life management, and management of yourself."

Brian Tracy, CEO

4



Check and manage your emails daily

Check your email at the beginning of each work day.

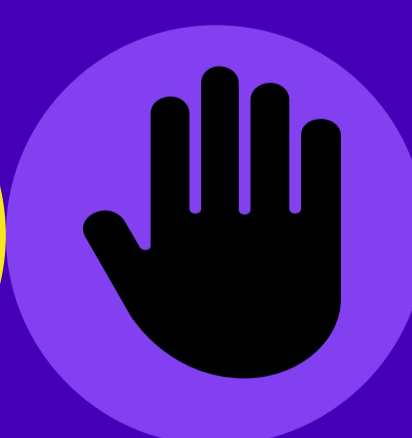
- Answer them as you open them, but if an email needs more of your attention, mark it as unread.
- Use the 48 hour rule and commit to responding to all emails.



"The important thing is to not stop questioning. Curiosity has its own reason for existence."

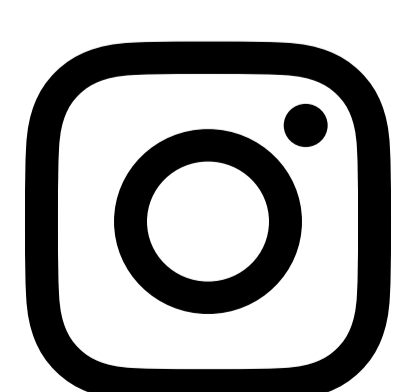
Albert Einstein

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Ask for help at any time

- If you have read the task but still aren't sure what to do, or how to do it, ask for help.
- Email your teacher, or ask a classmate.
- If you need help coping, you can call Kids Help Phone 1-800-668-6868.



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Love Purple, Live Gold