



# How to Maximize Remote Learning



## Calendar & Structure

- Track assignments and deadlines each day
- Schedule the day much like class periods
- Create a plan for each day



## Study Environment

- Have 3 different workspaces throughout the house
- Create a workspace that maximizes productivity and effectiveness
- Reduce distractions by getting phone and/or computers out of the way



## Computer Rules

- Create a system of rules when working on the computer
- Follow the system each time
- Address distractions



## Sleep & Exercise

- Wake up early
- Try to get 20 minutes of exercise each day
- Get started with work in the morning

**BUILD THESE HABITS TO FIND SUCCESS.**

If you're interested in Academic Coaching, email [info@galined.com](mailto:info@galined.com)