



Keep a positive attitude.

It is likely that you miss seeing your friends and teachers on a regular basis. You also are probably going stir-crazy staying at home with fewer options for going out and having fun. Just remember that your teachers and families are here to help you during this uncertain time and that eventually the world will get through the COVID-19 pandemic.



Understand your teachers' expectations.

You should make sure that you understand how your teachers will be teaching and what they expect from you in terms of participating in lessons, completing assignments, and collaborating with your peers. If you understand the rules and requirements of distance learning, you are in a better position to successfully acquire new knowledge and develop new skills.



Have a dedicated learning space.

You will concentrate better if you have a space that you use only for learning. This space should be different from where you sleep, relax, or have fun. It should also be quiet and comfortable. You do not want your phone going off while you are working or your brother or sister distracting you while you are listening to your teacher.



Take breaks for fun and relaxation.

Just because you may be stuck at home does not mean you need to be focused on school work all of the time. You should take time to stretch and move around every so often rather than sitting in front of a computer screen for hours upon hours. Also, be sure to hang out with your family and to call, email, text, or videochat with your friends to maintain social connections in a time of physical distancing.



Ask for help if you need it.

If there is something you do not understand academically or if you need support processing your feelings and challenges, **ask for help**. Your teachers and your families will be more than happy to answer your questions and to provide assistance as soon as they can and to the best of their abilities. Asking for help is important for everyone, especially given the uncertainty of the time and the challenges of physical distancing. You can also seek out helpful information independently, using resources such as the [Student Self-Care Toolkit](#).



Looking for More Tips?



[Studying at Home Due to Coronavirus? This Is How Young People Around the World Are Keeping Their Mood Up](#)

On this webpage hosted by Voices for Youth, students from around the world share stories and tips for how they stay positive and keep learning during these uncertain times.

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