Harness your imagination and picture that you’re at school and not at home.
Lock your phone away if you need to - don’t be afraid to ask your parents to intervene.

Find an area in your house where you can sit comfortably and focus. Make it separate to your relaxation space. Ideally away from a TV screen or other distractions.

Stuck in a webinar zoning out? Note-taking keeps your mind engaged.

If you have one, follow the schedule provided by your school. If you just have a list of things to study, break it down into tasks and plan to do the hardest ones when you have the most energy.

Get up once in a while. Have a snack and Stretch.

You probably have a schedule for your lessons, but if things are becoming difficult to focus on, take a 5-min break and come back to it - just let your teacher know.

Appointment Booking with Tutors Tutoring will be conducted by appointment over Google Hangouts. If the hours available do not work please email the tutor and try to schedule a different time.

Use a journal to: Express your daily thoughts Explore your feeling track your school progress Write your goals and track them

Create a daily routine that will help you during this time to remain focus on your future, emotionally, academically and socially.

Participate in on all invitations to weekly Zoom Group Sessions Zoom Classrooms Zoom Saturday Academy Sessions

Remember to check the program website regularly for updates:
https://precollege.umd.edu/current-students.html

Take notes
Stay focused
Show up and Participate
Lessen Distractions
Plan Your Day
Take Breaks
Change It Up
Speak Up & Ask for Help
Journal It

THE UPWARD BOUND STUDENTS GUIDE TO LEARNING FROM HOME