



Some tips to help deal with studying at home

Tips for Parents:

This is a difficult time for everyone. Here are some tips that might help or affirm how well you are doing with your son/daughter working at home.

1. Set up a **designated area** in your house for completing school work. This way this space is associated with their learning, and they will find it easier to switch off when in other areas of the house.
2. Plan a **set time** for schoolwork each day, usually mornings are best as it is good to have a general daily routine, and try stick to it where possible on week days.
3. Make sure there is a **proper working routine** - get out of the PJ's and get dressed as if it is a normal day
4. Try and **work similar to their school day**, consider setting break and lunch times to help with routine.
5. Make sure you take into consideration any of **your own work commitments** that may affect this if you aim to align your work with their learning time.
6. Remember **working independently** without the interaction of teachers and peers is new for your son/daughter and it **may be challenging**. While it may be important to support your son/daughter to engage with learning at home by using technology, it is a different experience than being in school. They are likely to be less focused and motivated than they would be in school. If this is the case, consider helping them to start small and increase their study/schoolwork time gradually. Encourage them to take short breaks between study blocks. (www.education.ie)
7. For many young people it may be difficult to stay motivated and focused when working alone at home. This is normal. NEPS have created a sample **"Plan for the Day"** which may help. <https://www.education.ie/en/The-Department/Announcements/plan-your-day.pdf>
This is a useful guide to help students put structure on their day.
8. Encourage them to take regular breaks and **praise and reward** them for working hard and trying their best.
9. The Department of Education have provided a document to assist parents at this time. <https://www.education.ie/en/The-Department/Announcements/guide-for-parents-supporting-children.pdf>
10. Remember you are not expected to be the teacher, you are there to **support** your son/daughter at this time.



Some tips to help deal with studying at home

Tips for Students:

We recognise this is a difficult and unusual time for you. Here are some tips to help you through the days.

The first is a very useful link. It gives you an outline of a **daily plan** which might put more structure on your day if you are struggling with this

<https://www.education.ie/en/The-Department/Announcements/plan-your-day.pdf>

Develop your daily routine to include schoolwork, physical activity, social and fun activities.

1. Daily Routine:

- Eat healthy and regularly, take exercise, shower, get up early and get dressed every day and get a good night's sleep.
- Turn off all devices at night to take a break from them and ensure a good night's sleep.

2. Schoolwork:

- Try mirror your normal school day, eg follow the order of subjects as they appear on your timetable.
- Factor in your break and lunch periods similar to school times.
- Check your emails/Microsoft teams regularly to keep up to date.
- It is understood you may be sharing a device, if you are struggling to return work on time or getting access online let your teacher know. Keep in regular contact with your teachers and they will accommodate your circumstances.
- Make an effort each day to complete tasks assigned.
- **Exam students** it is very important to have a structure to your day and that you complete work assigned, practise exam papers and have regular contact with your teachers.

3. Physical Activity:

- Now that you are at home all the time it is important to exercise and go for walks (abiding by the 2km rule and social distancing rules!). Fresh air will do you good and help recharge the batteries.
- Housework and outdoor work can also be done.

4. Social activity:

- Stay in touch with your friends through your usual methods of technology. It is very important to communicate with your friends and see how they are doing.
- Contact family who are away and can't visit and especially the elderly by phone. Many may live alone and would enjoy a conversation.
- Spend time with your family

5. Enjoyable activities: should also be included in your plan for the day:

- Using the time to try something new at home or learn a new hobby. YouTube can be helpful when learning something new.
- Learn a new skill from your parents.

🚦 Remember to assign yourself a **set number of hours a day** for school work, **take your breaks**, and **keep in contact with your teachers** who will guide you.

Bear in mind teachers are human too and have their own families and commitments as well. They are under pressure too to get work assigned, corrected and returned. Work with them and be flexible and it will all get done.