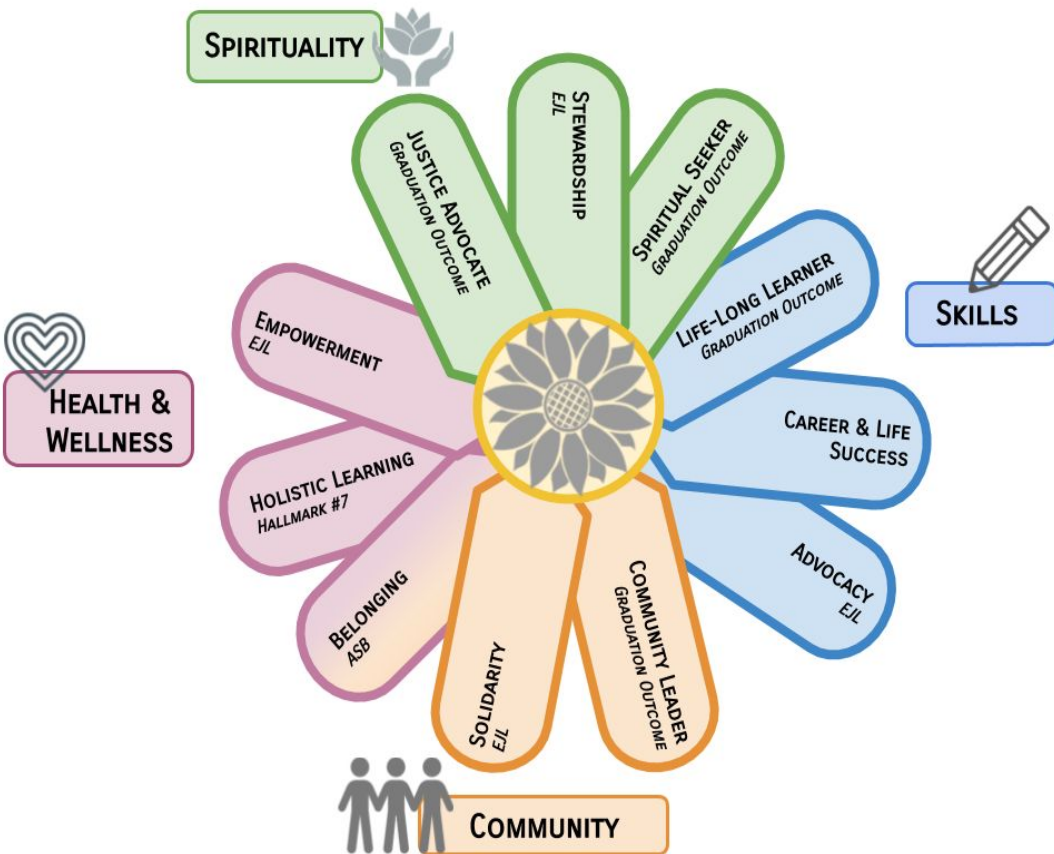


The background features a light gray surface with two broad, horizontal blue brushstrokes. A white rectangular frame is centered over the intersection of these strokes. Inside the frame, the text "Mentoring" and "March 13, 2020" is displayed in white.

# **Mentoring**

## **March 13, 2020**



**While doing off campus learning, please take care of your whole self.**



## How to be an online student

**Remember:** Online classes are not the 'easy' route. Online classes have different challenges and opportunities.

**Here are tips to help you succeed:**

- **Self Care**
- **Set-Up**
- **Study Skills**



## Online student self-care

### **CREATE YOUR LEARNING SPACE:** -

Designate a Distraction-Free Study Space.

**LIGHT:** Dark rooms are claustrophobic & depressing, lead to faster eye strain & fatigue.

**ERGONOMICS:** Find a real study space, not the floor, the couch or your bed. Focus on your body posture.

**TAKE BREAKS** Take frequent, short breaks. Your brain needs it for focus and your body needs it.

**STAY HEALTHY** Preparing a healthy meal or going for a run is not wasting your time.



## Online Learning Set-Up

**TREAT ONLINE COURSES LIKE “REAL” COURSES.**


**FAMILIARIZE WITH THE SCHEDULE** Know when your classes are meeting.

**CREATE A SCHEDULE FOR YOU** Stick to and practice time management.

**ELIMINATE DISTRACTIONS** Put your social media on mute.

**GOOGLE CLASSROOM NOTIFICATIONS** Make sure your notifications are ON!

**HAVE YOUR SUPPLIES READY TO GO!**



## Online Learning Study Skills

### **MAKE NOTE OF MAJOR ASSIGNMENTS**

Mark them on a calendar.

**TRY TIME-BLOCKING:** allocate time for each task and set a timer to keep yourself accountable

### **ACTIVELY PARTICIPATE IN CLASS**

**CONNECT WITH OTHERS** Reach out to your teacher if you need help and keep conversations with your classmates.

**YOU ARE NOT ALONE** others are ready to collaborate and connect.





## Self-Care

**SLEEP** do not stay up till 3 am. Take care of your body. Remember, we start school at 8am!

**SOCIAL DISTANCING** Limit exposure to large masses of people

**KEEP ACTIVE** move, be physical

**USE THE TIME:** Do something new, watch a documentary, practice a musical instrument, catch up on SAT prep, read a fun book, do a face mask

**CHECK IN** Make sure friends & family know you are thinking about them.



## Student Support Contact list

**Counselors are available for students 8-3.**

[hrolfson@ndsj.org](mailto:hrolfson@ndsj.org)

[hvalentine@ndsj.org](mailto:hvalentine@ndsj.org)

[abattisti@ndsj.org](mailto:abattisti@ndsj.org)

[cbarcena@ndsj.org](mailto:cbarcena@ndsj.org)

[dholohan@ndsj.org](mailto:dholohan@ndsj.org)

**Campus Ministers are also available from 8-3.**

[kquiazon@ndsj.org](mailto:kquiazon@ndsj.org)

[kscullin@ndsj.org](mailto:kscullin@ndsj.org)

[dvalcazar@ndsj.org](mailto:dvalcazar@ndsj.org)

[jjohnston@ndsj.org](mailto:jjohnston@ndsj.org)

**Front office**

**408-294-1113 x2115**





**Activity:  
Collect materials from  
your locker**