

## **Covid-19 tips for parents and students**

### **Parent Tips**

#### **How can I help my student with their schoolwork?**

- Students typically struggle with time management and structure. Your student may need help prioritizing their different assignments and developing a daily schedule.
- Designate a study space, keep it organized and have students clean it up when they are finished, Make and keep a routine, make a to do list every day, remind them to take small breaks every hour.

#### **How can I help my student's mental health?**

- Limit their time on social media.
- Provide reassurance and a sense of normalcy

### **Student Tips**

#### **Academics & Schoolwork**

- Get out your planners and write down what assignments you have and when they are due. Then make a priority list on which ones you will work on first, second, etc. Your list will be customized to you- Do you like to do the shortest ones first? Some like to take the longest or hardest one and chunk it into smaller bits to work on each day. Make sure you set a specific time to be doing your work, but don't forget to also set aside some time to just chill and relax.
- You may be tempted to stay in your pjs all day. However, staying in your pjs tells your brain that it can relax and get ready for bed and sleep. Keep your routine, get up, eat, and get dressed. Tell your brain and your body that you are ready to work and learn and be productive.
- Make sure you are checking due dates and turning in your work.

#### **Mental Health**

- Create and maintain a schedule. Because you're not coming to school every day or doing the things you typically do during the week, the days can begin to blend together. Establish a schedule for your schoolwork, exercise, and relaxation. This will help you develop a sense of normalcy and control over certain aspects of your life.
- Be aware of how much time you're spending on your phone.
- Don't spend 6-8 hours a day doing school work. Take some time to watch a movie, take a walk, play a game, reconnect with your family, clean and organize your room, watch some you tube tutorials and learn a new skill.
- Keep in mind that with so much in our world currently out of our control, these are things you can control. And don't forget, if it all starts to feel like too much, talk to people who care about you whether it's family, friends, or your school counselor.