



Bedford High School

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How can I make the most out of home learning?

Learning in Lockdown

What are the most effective ways to learn at home?

School Shutdown Study Skills

Loss of routine, constant distractions, and the all-out strangeness of the present situation can make concentrating on school work right now very difficult, but Bedford High School is committed to supporting you and your family through these challenging times. We will help you to adapt and adjust so that you can stay engaged, keen and productive while learning from home.

Here are some top tips to survive studying in school lockdown and becoming a lockdown legend!

Five Top Tips for Shutdown Study

1. Organise your study space

Everyone has a different home environment so it's difficult to make hard and fast rules. However, there are certain basic guidelines about effective study spaces that should apply.

- Try not to study in your bedroom – this is where you will find the most distractions – TV – iPad – Xbox – Playstation – your comfortable bed calling for you to take a little nap. Bedrooms are for relaxing and sleeping and your brain knows this so will work against you when you try to study! If your bedroom is the only place you can study at home, please pay close attention to tip 2 'Avoid Distractions'.
- Keep your study space neat and tidy. This will help you stay calm and feel well-organised. A messy workspace causes you to lose concentration because you waste precious study time searching for the information or equipment you need to complete a task. This can leave you feeling overwhelmed, anxious and more likely to abandon your work. So, at the end of every day, have a quick clean up and organise yourself for the next day.
- Organisation is key! This is where being neat and tidy comes into play. Before you begin any task, make sure you have everything you need to complete your work.

TRY THIS!

Treat yourself to some new stationary! It might seem trivial, but new pens, notebooks, highlighters and sticky notes can really boost motivation.

2. Avoid Distractions

Phones, iPads, Netflix, your Xbox, or PlayStation are the enemies of effective study, and when working from home they are the enemy that you need to battle every day! So what can you do to win this daily battle?

- If you don't need your phone to complete your daily work – then get rid of it! Give it to a family member or switch it off and put it out of sight. If you need your phone, then use an APP that blocks the use of certain sites for a set period of time to stop yourself having a cheeky look at Snapchat!
- If possible, follow the advice in tip 1 – try not to study in your bedroom. Remember, this is where most of your distractions lurk! But, if you have to work from your bedroom, turn off your TV, unplug your games console, turn off the music (unless it's classical – more on this below) and focus only on your work!
- If you are lucky enough to own some noise cancelling headphones – use them! These may help you concentrate especially if you live in a busy household.
- You could also try listening to classical or instrumental music. This style of music has a calming effect which will boost your concentration levels. But, DO NOT listen to music with lyrics! Listening to your favourite rapper or the top 40 DOES NOT help you concentrate. It actually hinders your learning!

3. Start early

Set your alarm clock and get to work. Do not lounge around in your bed until midday – if you do this, you will never find the motivation to get started. Treat Monday – Friday like a normal school day and aim to start lessons no later than 9:00am.



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4. Make a daily timetable

It is easy to slip into a situation at home where work and relaxation become a little blurred. This is because there is no change of environment – no school bell – no defined break times or lunch times – no lesson changeovers – no teachers making sure you are on task (although I suppose you're not missing this too much). Due to this lack of structure, all too often, you start the day meaning well only to find that a quick 10minute break has turned into a marathon binge-watching session of the latest wacky document on Netflix (even teachers fall victim to this).

- To minimise problems make yourself a timetable that breaks up the day into study periods
- List the things you need to achieve by the end of the day and then work out the best order in which to complete them
- Don't get frustrated if you don't get through all of your list – just add any unfinished work to your list for the next day
- Make sure you include regular breaks, a proper lunch time and some exercise



Aim to do the most difficult / important task first and then finish your day with something straightforward or enjoyable. It will be a nice easy way of finishing your day!

5. Stay in touch

Learning in lockdown can be a lonely business – but remember you are not alone! While it's normal to feel some anxiety and uncertainty in the current situation, it's important that you remember to maintain contact with your teachers and your classmates.

- If you are struggling with the workload or you're feeling down – reach out and ask for help - your teachers are just an email away. Sometimes all you need is a little advice, a nudge in the right direction or some quick words of motivation to get you back on track. Don't suffer in silence or bury your head in the sand. We are all happy to help. So let us know how you are getting on.
- Reach out to your classmates. They have been set the same work as you and with the wonderful world of technology at your fingertips your friends are only a ZOOM or FaceTime away! When planning your daily timetable, perhaps plan to do some learning as a pair or as a group through one of the many sharing platforms available.

Lockdown Learning Checklist

Top Tips	Y/N	Next Steps: <i>What changes will I make to my lockdown learning routine?</i>
Is your working space organised?		
Do you take the necessary steps to avoid distractions?		
Do you start early every day?		
Do you create a daily timetable before you begin your work?		
Are you staying in touch with your teachers and classmates?		
Revision - Are you revising and revising past learning?		