**AVUHSD STUDENTS** 

# FIVE TO THRIVE DURING DISTANCE LEARNING

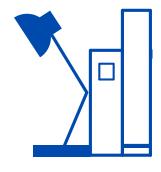


### ESTABLISH A ROUTINE

Review your To-Do Page within Google Classroom daily. Within Google Classroom you can see an overview of all assignments or you can filter by class to view only the work for a specific class.

## QUIET WORK SPACE

Go to a designated area within your home that allows you to work productively such as a home office, desk, or dinner table.





#### COMMUNICATE

Reach out to your amazing Teachers and School Counselors who are just a click or phone call away. Be sure to check Power School regularly.

#### TAKE A BREAK

Sometimes you need to take a brain break between lengthy assignments. During the break, you can walk around and get some fresh air or simply relax and allow yourself to refocus and complete the task.





#### OWN IT

Distance learning has allowed you to truly become an even stronger self-directed learner at a pace that is comfortable for you, OWN IT!



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