How to be successful in a virtual environment

**Find a PURPOSE!**

Find an activity outside of school and virtual learning

* Start a home project
* Learn to build or fix something
* Learn to cook or bake
* Create an art project-paint, draw, create jewelry, knit
* Find a new role at home; Help with laundry, clean out and organize a room or basement, make 1 meal a week for the family
* Get a job
* Read for fun, journal, learn to play music, find a hobby you have never explored

**Take notes and stay engaged in class. Use Flex Fridays to get help form teachers.**

* Keep all school materials in one location
* Find a quiet place to work away from distractions (parents, siblings, TV…).
* Silence or turn off personal cell phone while working on school assignments.
* Keep to a daily routine
* Don’t forget to reward yourself each day:
	+ Favorite snack
	+ Work on something fun
	+ Facetime a friend
	+ Tell your parent/guardian/teacher that you accomplished your daily goal for some well-deserved positive feedback)