

Aspect's top 10 tips for learning at home

As the Coronavirus pandemic continues to affect our day to day activities and education, Aspect offers a range of tips to help our students and parents navigate online learning.

Remember to be flexible and do what works for you.

Aspect @anywhere

Here for you wherever you are



Set clear expectations.

Ensure parents and teachers are on the same page so expectations are achievable.



Connect as a family. Spend time together connecting as a family at some stage during the day



Establish good daily routines.

Wake up, get up, eat a good breakfast and prepare for the day.



Practice home skills. Learn home independence skills such as making the bed, cooking or doing jobs around the house.



Create a designated learning space.

Set up a personal learning space where you complete your work.



Create screen breaks. Time away from screens is healthy. Give your eyes a regular short rest from screens.



Check the noise levels.

Make sure your learning space isn't too noisy or that you have sound supports.



Stay connected to friends and classmates. Schedule in time for social interaction with peers and friends via online games, videoconferences or phone calls.



Keep focused. Stay on task by setting time limits to complete certain tasks and take regular breaks.



Be kind to yourself. Home schooling is new to most of us. Give yourself a break. Your health and wellbeing is the priority.