Basic Tips for Teens to Stay Productive with Online Classes

1. Keep to a regular school schedule by waking and going to sleep at the same time every day
2. Do "classes" during the time of day you'd typically be in school. Don't put it off to evenings or weekends
3. Schedule breaks (similar to class periods) to get up, jump around, take a mental time out
4. Keep phones and other wifi devices away from the schoolwork area
5. Organize a few study groups with friends in the same course and meet up via video (Skype, Facetime, Teams, google hangouts, etc.)
6. Athletes, dancers, musicians etc.- schedule into your day/week the same times and days that you'd normally practice/train.