



GREY KOLLEGE SEKONDÊR COLLEGE SECONDARY

A SOUTH AFRICAN PARALLEL MEDIUM SCHOOL FOR BOYS

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LEARNING AND SUPPORT CENTRE

Coping with Lockdown: Practical Guidelines for our Learners

The Learning and Support Centre would like to offer the following practical guidelines to our learners for coping under lockdown:

- 1.) Keep to your normal school day routine.** Create a study schedule based on real school hours. Devise a sense of normalcy by setting your alarm as you would for a normal school day. Get dressed and eat breakfast before moving to a designated home study space. Organise your work according to your home-school day schedule, making use of all the resources provided by the school and your teachers.
- 2.) Limit and structure time spent on social media and use of social devices.** Limit distractions during your designated academic time. Spend the same amount of time on your school work as you would if you were attending school. Maintaining social interaction during lockdown is important, but schedule your time to be on social media outside of your academic hours.
- 3.) Don't change your study habits or try out new study methods.** Stick to what you know and to what has been effective in the past.
- 4.) Don't panic or lose heart if you cannot fully access the digital learning material.** Remember that your textbook is your best resource. In the past, all learners learnt what they needed to know and revised their studies using only their text books. Your textbooks are a major learning resource that you have access to at home and which does not require internet access. Try to keep up as best you can and maintain a positive attitude, as that will help you to be open to other learning opportunities.
- 5.) Join WhatsApp study groups.** Digital study groups can use less data, provide peer learning opportunities and help keep you motivated and on track. Ensure that the study groups are structured to ensure productivity and efficacy; establish rules for the group and create a regular timetable for group study. Identify the group members' individual strengths and give the right person the leadership role when it comes to subjects, themes and topics.
- 6.) Lastly, but certainly not the least: Trust your teachers and ask for help.** Grey College will not abandon you. If you feel that you are not coping, reach out immediately. It may take time for processes and systems to become efficient and effective – this is new to all of us. Be patient and positive. There are advantages to the new ways of distance education. For one, you can determine the pace. Video material can be paused, re-winded, and accessed repeatedly. Furthermore, the usual classroom distractions are now eliminated and never before did you have access to so many (often free) additional online resources.

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