

Dear student,

As you know, schools have been closed for some time due to the Corona virus and are now slowly opening again. This time was and is an enormous challenge for all of us. As a student, you also have the task of learning at home. If that didn't always work that way and doesn't work at the moment, that's very understandable. It is not always possible to study at home like at school. With our tips, we would like to give you support so that you can continue to learn and do not miss too much learning material without putting yourself under additional pressure. Learning can also be an important support during this time to structure the day and do something meaningful and is definitely very important for your future life. There are some things that are helpful to make learning easier. In the following we want to present you some helpful strategies. Try it out and be patient with yourself!

1. Keep in touch with your teachers to get homework and important information. Call or write an email and ask for help. The teachers are happy about it. They want to accompany you in learning.
2. Make a fixed schedule at home so that you can structure your everyday life better and learn independently. Always start at the same time and set yourself fixed tasks for the day. It is important that you can really accomplish the tasks you set out for the day. Completed tasks make you feel good. Do you have a permanent place in the apartment where you can store your school supplies and do your chores? It will help you if you can always do your homework in the same place. Make sure you turn off the TV and put your phone away, so you're not easily distracted.
3. If you need help learning, ask your parents, friends, or teachers. You may team up with classmates. Call, chat (if possible) and exchange ideas. People need other people to support them. We all do. Even if your school offers video conferencing and you don't have access to it, let your teacher know. This is how many students feel. The school will then look for a solution with you.
4. If you can find good online learning opportunities on the Internet, that's great. Then you can learn well with it. Share the websites you found with your teachers and your classmates. They can also learn new things and benefit from you.
5. Follow the hygiene regulations and rules of conduct at school. This is important so that we all stay healthy and hopefully we will soon be able to live an everyday life with fewer restrictions.
6. If you feel sick, please stay home and let the school know.
7. Do things you enjoy. Talk to someone on the phone, listen to music, etc. (this is very individual). This ensures that you are well - and if you are well, learning is much easier.
8. Try not only to follow a regular learning process, but also to adhere to a daily routine. People need structure. Fixed times for getting up, going to sleep, eating, studying, etc. help us attend it. Many structures (such as schooling) are currently missing from the outside. Create yourself one by adopting a fixed daily routine!

9. Don't forget to move. Go out, do sports or go for a walk. This also helps to stay physically and mentally healthy and to have a clear mind for learning.

Take care, stay healthy and get through this time well - and in the best case, have fun learning! We hope this information will help you a little.