The Bay Academy Guidance Department understands that it may seem difficult to transition from learning in our school to remote learning at home. Even though we are not meeting everyday in the same building, your counselors are here for you via Jupiter message, Email and Google Classroom. We've put together some resources for you to start you off on this totally new experience! Remember, new isn't bad, it's just different!

**Plan Your Time Wisely**
1. Those who haven't had much experience in self-directed learning may feel the urge to do the work at the last minute. Here's a helpful tip: don't. It's better to do the work early and often, as there will likely be times you need additional feedback. Stay organized and keep on top of your work.

2. Take your work seriously
One of the worst pitfalls a new remote student will fall into is not giving their work the amount of attention it needs. A classroom limits inevitable distractions. If you've got a virtual lesson to get through in place of a in-person class, don’t scroll through it while your TV is on. It's also smart to put your phone away — all it takes is one distracting text to derail a half-hour of hard work. By keeping a schedule each day of your assignments and classes, you’ll be able to tackle your work more easily. Also, be clear with others about your boundaries. Tell family members and friends that your schoolwork deserves a fair chunk of your time, and make sure to be consistent.

3. Communicate
You might be surprised how often you’ll need to reach out for clarification on an assignment. Take this time to hone your online communication skills. If you’re not entirely sure about something, send a message to your teacher. Do it as early as possible, which shows your commitment to the class. Explain your problem clearly and show them where you need clarification.

4. Relax!
Don’t stress out so much about the changes and challenges that bubble up. The situation is rapidly changing every day, and everyone is learning as they go. It’s best to recognize that, at best, it’s going to be a bumpy month or so. as long as you keep your eyes open and manage your time wisely, you’ll be able to adapt to whatever comes your way.
Great Resources!

Trouble coping? Don’t struggle alone.

NYC Well helps with problems like depression, anxiety, and drug or alcohol misuse. This service is for you or someone you care about.

Talk 1-888-NYCWELL (1-888-692-9355)
Text WELL to 65173
Chat nyc.gov/nycwell
Free, confidential, 24/7.

CONNECT. HEAL. THRIVE.

Self-Care To-Do List

- Read a book. (I suggest *Anne of Green Gables*)
- Reconnect with someone you ADORE
- Journal or write about your feelings
- Get creative. paint, draw, use your talent.
- Do something that physically makes you feel good.
- Take a break
- Eat something you love
- Drink your water!!!
- Soak in sun rain, & wind
- Plan a movie night or binge watch something on Netflix
- Get outside.
- Get back into your hobbies! (puzzles are SO relaxing!)
- Have a cup of tea or cocoa. (Bonus points if it’s with a book!)

Pro Tip! Remember to wash your hands frequently and for 20 seconds!