

CONTINUOUS LEARNING EXPERIENCE

*WHEREVER YOU ARE, AS A MERCY STUDENT,
FOCUS...*

YOUR MIND

- Wake up with enough time to get ready and have breakfast before 8.30am check in
- Say good morning to your family
- At 8.30am check your school emails and the Continuous Learning course in Canvas
- Write a To Do list and tick off activities as you do them.

YOUR SPACE

- Your learning space should be tidy, comfortable and as quiet as possible.
- Be respectful of shared spaces
- If using your webcam, sit in front of a blank background..



YOUR CLOTHING

- Dress in neat, casual clothes.
- Do not wear pyjamas.
- Year 12: when participating in Zoom meetings, wear your College jersey over your other clothes.

YOUR EQUIPMENT

- Have your notebook charged and logged in.
- Test apps to make sure they are working.
- Have a pen and some paper or a pad/book ready.
- Use headphones if possible.
- Remove all distractions.

YOUR ETIQUETTE

- Be polite, appropriate and civil in your language online, as you would in person.
- When in video calls/meetings, turn off your microphone until required.
- Turn your phone to silent and use the Forest or Cold Turkey app to avoid distraction.

YOUR HEALTH

- Drink at least 2L of water per day
- Take breaks every 45-60 minutes
- Have recess and lunch, eating healthy food
- Engage in some exercise each day
- Practice mindfulness at least once a day

YOUR TIME

- Manage your time - use it for learning
- Submit all your completed work
- Spend time revising any items you don't understand and ask questions.
- Clean up your emails - read and reply