



10 SCREEN-FREE RECHARGE TIPS RENEW YOURSELF REGULARLY!

- WRITE IN YOUR JOURNAL
- COOK A MEAL WITH YOUR FAMILY
- GET OUT OF YOUR HOUSE, EVEN IF YOU JUST SIT OUTSIDE
- TURN ON SOME LOUD MUSIC AND DANCE!
- CREATE A PLAYLIST OF SONGS FOR A FRIEND TO LISTEN TO
- DO A PUZZLE
- PLAY A BOARD GAME OR CARD GAME WITH SOMEONE
- YOGA AND MEDITATE
- DRAW OR PAINT
- TAKE 10 DEEP BREATHES WITH YOUR EYES CLOSED

Oro Grande School District

19900 National Trails Highway
Oro Grande, CA 92368
760.243.5884

<http://middleschool.riversideprep.net/>

<http://highschool.riversideprep.net/>

<http://www.orogrande.net/>

<https://www.caresolace.com/site/ogsdfamilies/> -
online 24/7 concierge resource for OGSD families

Distance Learning

TIPS FOR STUDENTS



RP School Counselor Resources

Counselors are available for homework help, personal life, access to food and/or supplies and social and emotional help

Ashley Barraza
Middle School
ashley_barraza@riversideprep.net
Click [HERE](#) for Ms. Barraza's virtual office

Erica Valle
Middle School
erica_valle@riversideprep.net
Click [HERE](#) for Mrs. Valle's virtual office

Leslie Mancilla
High School A-L
leslie_mancilla@riversideprep.net
Click [HERE](#) for Mrs. Mancilla's virtual office

Dane Redmond
High School M-Z
dane_redmond@riversideprep.net
Click [HERE](#) for Mr. Redmond's virtual office

Fill Out this [FORM](#) if you like a counselor to contact you
Click [HERE](#) for more RP Online Counseling Resources

10 TIPS TO STAY FOCUSED AND MOTIVATED

BE AN ACTIVE PARTICIPANT

During your live sessions with your teachers, unmute and respond! Talking will help you feel connected to the classroom

STAY UP TO DATE ON COMMUNICATION

Checking emails and Google Classroom daily is new this year. It is important you make this part of your routine when you wake up and when your classes finish for day! Also, make sure you are checking Aeries grade to see any missing assignments

ASK FOR HELP

Are you feeling confused with a class but are too shy to ask in front everyone? Send an email to your teacher right after class or you ask your advisory teacher or counselor how to start asking for help as well!

MAKE CONNECTION WITH PEERS

During distance learning you might be feeling lonely. Reach out to a peer to develop social relationships! This will help you have someone else in class ask some questions or study with.

HAVE A DEDICATED STUDY SPACE

Create a place in your home where you will keep your device, notebook and pencil that will motivate you to study.

CREATE A SCHEDULE

Going to your scheduled Zoom/Meet sessions is the easy part, planning out a schedule for your homework is the real work! A visible paper reminding you of what homework you need to do and when you would like to do it will be a great motivation to get finishing those assignments!

CREATE GOALS

Who all want good grade in our classes, but what specifically are you going to do? Create small goals for yourself like creating a to do list everyday to help you remember your homework or study flashcards for world history everyday for 20 minutes will help you achieve the success you want in school!

WORK DISTRACTION FREE

Multitasking is not a real thing! Hit snooze on watching TikTok videos while doing homework or playing video games while watching videos for class. Instead reward yourself with fun activities *after* you complete an assignment!

GO TO OFFICE HOURS/ TUTORING

Did you not understand your homework? Are you have a hard time studying? Get help from your teacher in their tutoring time or office hours. They have these times set up to help you out!

SEND YOUR TEACHER FUNNY THINGS!

Teachers are cool humans too! They will appreciate school appropriate humor during these times as well

