Service national
FORMATION À DISTANCE
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BEST PRACTICES AT HOME

Distance is often just a matter of perception!

01 SET UP YOUR WORKSPACE

Working near your little brother who is playing while watching TV is not your best option! Find a quiet place where you can concentrate.

02 SET WORK HOURS AND STICK TO THEM

Have you decided to work from 9 a.m. to 10 a.m. every morning? Do it! Divide up your time with short 5-minute breaks. Set a timer!

03 REMOVE ANY DISTRACTIONS

Do only one thing at a time! You will have plenty of time later to read, play, cook, etc.

04 SET GOALS

Before starting anything new, make sure you have mastered what you have learned so far this year. You can then expand your horizons!

05 USE THE RESOURCES AVAILABLE TO YOU

Visit the Open School website (ecoleouverte.ca/en), which offers a variety of resources designed for you!

06 FOLLOW YOUR TEACHER'S ADVICE

You were taught strategies at school: they will work at home too!

07 IF YOU RUN INTO ANY ISSUES, LEAN ON YOUR NETWORK

Together, we can do anything ! Ask for help from friends, family, websites, etc. Use your network to collaborate, create, communicate, for validation or just for fun!

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