



How to stay motivated during online learning

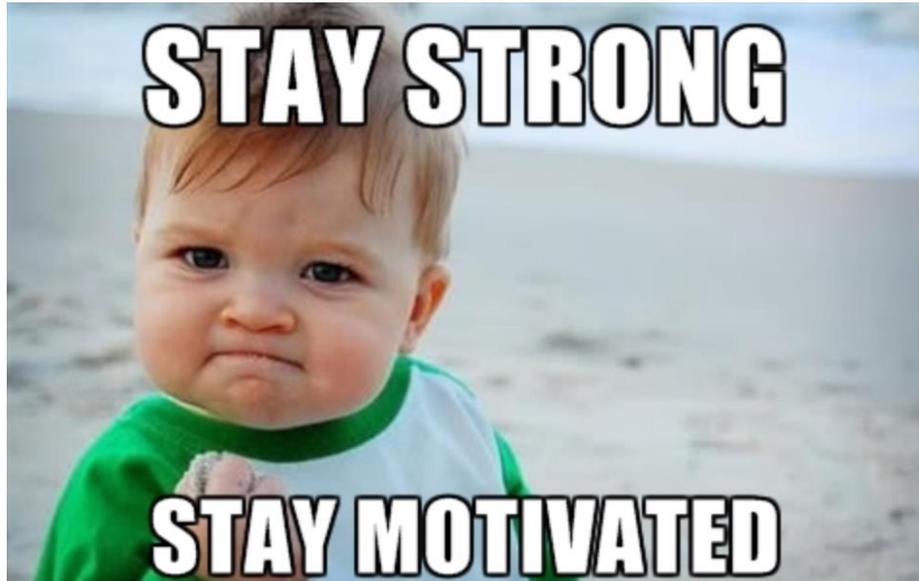
Sacred Heart Secondary School, Drogheda

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**THIS PRESENTATION WILL START
NOW**



ARE YOU READY?



We Got This!

- I know it is not easy girls but we need to try and stay motivated to get our work done for our teachers and for ourselves.
- The next slides contain a few tips that might help people to get up and get the work done.... (I'm no expert so these are all just in my opinion)

**DO SOMETHING
TODAY THAT
YOUR FUTURE
SELF WILL
THANK YOU FOR.**

Tip 1

- Keep a bit of normality in your routine:
- Every time you receive work, try write it down in your journal or on a piece of paper. This allows you to mark it off when you're finished, and you'll get a great sense of achievement. This has helped me a lot already.



Take small steps every
day and eventually
you'll get there.

Tip 2

- Get out of the house (while social distancing):
- Don't let yourself see the same few walls every day. Go for a walk and listen to some music and you will return home with a clear head and you will be rearing to go again!



Tip 3

- Random acts of kindness: (Geraldine's idea)
- If you live near your friends, why not write them a little motivational letter and drop it in their letter box. I know this works because Geraldine done it for me and a few other girls!!

Tip 4

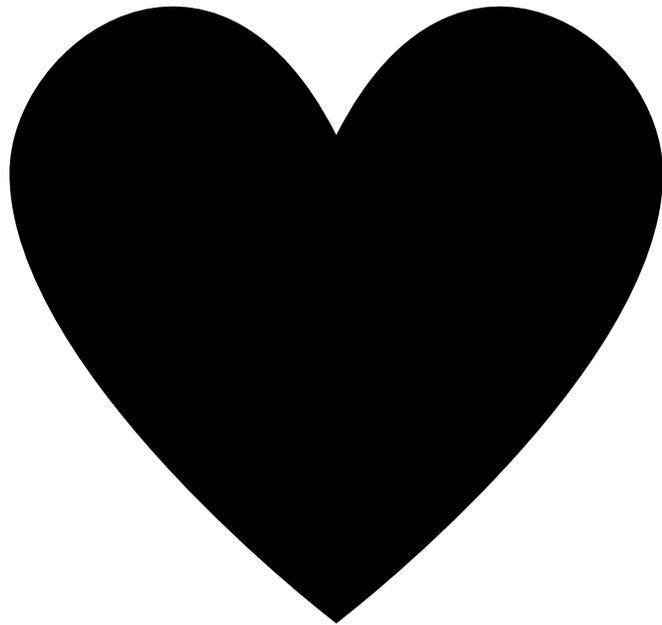


- Physical Activity:
- I know without having our normal sport clubs open etc. it is hard to find things to take your mind off everything. Why not just do a bit of exercise in your own garden or even your own bedroom. This will definitely help to keep you motivated!



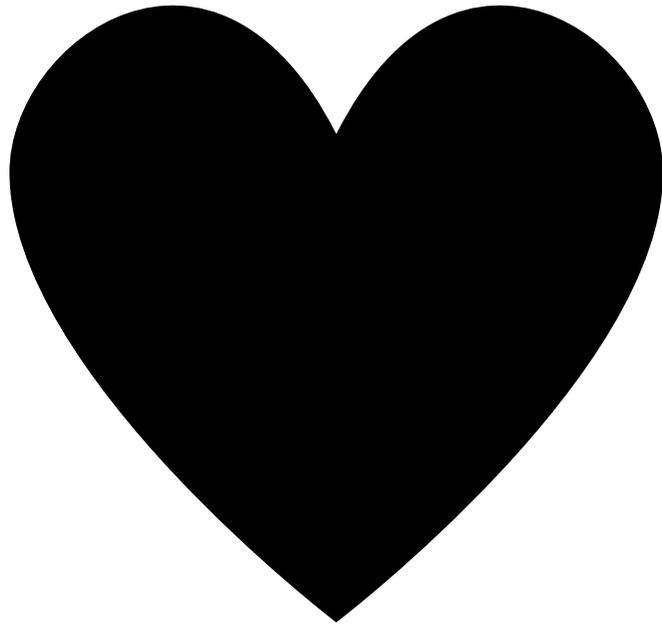
Tip 5

- Set yourself goals:
- You don't have to complete every task that you get sent on the exact same day so make a list and go through them at a suitable pace for you. Remember everyone is different so just focus on yourself and what you can get done in the time that you have available.



A bit of a cringe message but I want to show I miss and appreciate you all

- I know this is overwhelming, but we are all in the same boat and we need to all stay positive. You all know me, and you all know that I love school and trust me I'm missing it like crazy, every part of it. But I know that once we get back (which we will) I am going to make the most of the time that I have left with all of you amazing girls! One thing I know for sure is that if any group of girls are capable and well able to get through something it is all of you lovely girls. Also trust me we will do the Teachers Vs the SLC and we will win (sorry Ms.Lynch haha)



continued

- Also, I understand how much everyone misses their friends, I know all I want to do is give all of mine a big hug, but virtual hugs will have to do for now.
- Please make sure you are social distancing girls because by doing this we are helping to save lives. I know they say most young people should be able to fight it if we get it but what about our grandparents? Let's do it for them, let's stay inside for our parents/guardians. These people mean so much to everyone that's why we need to do all we can to protect them. So for now keep facetimeing and snapping your pals and you will see them in person even quicker.



On a positive note.....



DISNEY + girls 7 DAY FREE TRIAL !!



If that doesn't make staying home easier, I don't know what will.



Ms. Carroll and Ms. Lynch download it for your kids you won't regret it I promise ;)



WE'RE ALL IN THIS TOGETHER!