

Thursday 25<sup>th</sup> March 2020

Whilst studying at home, self-motivation is key; you will need to use all of your self-discipline to ensure that you can work well and be able to sustain the effort that you are putting in. If you are struggling to get started, or to keep going, there are a few useful tips below.

1. **Acknowledge your resistance and difficult feelings with motivation.** It may be helpful to write these feelings or thoughts down and then leave these on the side so you can then continue with your work.
2. **Do not avoid working.** Avoiding work can make you feel deflated or worried. This is emotionally more draining than having to go through the challenge of the work that is set for you. Contact your teacher if you are really struggling, ask questions and take their advice on [together@bucktonvale.tameside.sch.uk](mailto:together@bucktonvale.tameside.sch.uk) or via our Twitter page [@BucktonValePS](https://twitter.com/BucktonValePS) - Do try to keep in touch with us.
3. **Do not blame yourself for procrastinating now and then.** (thinking I will do that later) This is a new challenge for us all, and it may be difficult sometimes. Try to become aware of your avoidance and gently make yourself to go back to the task sooner rather than later.
4. **Get to understand your studying style better.** What will make it easier for you to work? Try and identify what is making it difficult and look for ways to make your tasks work for you. Try to make your study experience as interesting as possible, without creating distractions. This might mean talking to someone about it, sharing your ideas, doing a demonstration or mind-mapping techniques.
5. **Invest in self-belief.** Don't put yourself down by comparing yourself to others, or worrying if what you are doing is correct – your teachers will support you if you have struggled.
6. **Visualise yourself starting.** Make yourself sit down and work even if this is for just 20 minutes. See starting as a parallel process like a plane on a runway. You may start slow but you will still take off!
7. **Focus on the task at hand and prioritise the most important tasks.** Avoid trying to multitask. Do one thing at a time. Planning what you are going to do each day will help with this.
8. **Communicate to others any difficulties and/or what you intend to do.** This can help you engage with the process and identify the important tasks. Communicating with your teachers will enable them to support you and answer any questions you may have. Use Insight messaging or the forums.

9. **Take a time limited approach in which you schedule your tasks.** Ask yourself, 'What can I achieve in the next 2 hours?' instead of 'Can I complete all tasks?' In this way you do not get as easily overwhelmed by the volume of work you need to do.
  
10. **Remember that studying can (and should) be challenging and take you out of your comfort zone.** Think about the hiking of Mountain Kilimanjaro; it is not easy and can even be uncomfortable but the pleasure comes when you begin to see the view from height, feel the fresh air and when you reach the destination you get a sense of achievement and satisfaction. Focus on the outcome and not the struggle to get there!

Finally, remember why you are working and studying; think about the end goal, which is all about you. You will want to do well, in order to achieve your best and show what you are capable of. You are investing in your future with your actions.

Please take care of yourselves and each other.

We miss you all.

Mrs Brown and your Buckton Vale team

A handwritten signature in cursive script that reads "D Brown".

Headteacher