



Deal with Online learning challenges

This pandemic has brought number of challenges in to our lives, irrespective to all generation. Number of challenges are displayed before us to deal with it; like job, education, business, travel, safety and many more.

Time is the main constraint and major reason for worry to all parents. As students are not yet well trained to use their time effectively. They even do not understand its importance and relevance for future.

Herewith are certain ways to deal with online learning challenges.

- Establish schedules that make time management more systematic and more comfortable to follow
- Develop your online presence by getting involved in discussion and asking questions during online classes.
- Cancel out distractions such as games, social media, internet browsing etc. as these distraction is killing your precious time which is required to be utilized for some productive tasks.
- Make to do list so at least you know the daily task on pending list and you stay motivated to complete it.
- Stay self-motivated by talking to people about every small achievements. This will give you a sense of self-worth. People who face difficulty in self-motivation can paste their visions and goals to make visible in their room. This will subconsciously remind them about their goals and will help them stay motivated.
- Set up your study space so you do not have to look for your books or stationary at different places rather all required things are available on your table. And eventually it will help your mind to remain organized for your materials.
- Focus on your skills and talents. Spend time in boosting and cultivating them.
- Engage some time online with friends and relatives.
- Talk to closed ones which can help in sharing your feelings and emotions.
- Feel free to seek for professional help if required.

With best wishes,
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