



# NAVIGATING THE NEW JOURNEY

## A New World of Flexibility

### STUDY TIPS

Follow a consistent daily schedule; including an early bed and rising time (Ex. To bed by 10pm and up by 8am). This is important!



Get dressed each day as if you were going to school. It is tempting to hang out in pajamas all day, but this will not set the tone for a productive day.

Try to find a personal, quiet space to do your work that is away from distractions of things like television, phone, games, social media, and family. Wherever you decide to do your work, consider this place a school-focused area and don't let yourself get up until you've put your time.

Set a timer for an hour and promise yourself you'll work diligently the entire time. When the hour is up, take a 20 to 30 minute break. Again, set a timer to let you know when the break is up.

Have school supplies you use regularly at your study area so that you are not tempted to leave the area until your timer lets you know it's break time.

Set up as best as possible good lighting and comfortable seating at your study area. Lighting in the room should be at least as bright as the computer screen to avoid eyestrain and fatigue.

## Communication

For communication purposes, campus administration will utilize Infinite Campus Portal, emails, phone calls, school website, Remind, and social media.

## STAY ENGAGED, SPARTANS!

For tech support call-956-514-4277  
or 956-514-4285  
<http://stpa.stisd.net/techsupport>