

VSK HOME LEARNING BOOKLET

POST 16



WELCOME

Hello!

Welcome to the brave new world of home learning...

We know some of you might be feeling a bit stressed or confused with the changes that have been implemented over the past week. You are not alone and VSK have put together this booklet to support you with your learning during this time.

It has a list with links to some websites you may wish to use over the next few weeks, as well as some tips and hints you may find useful to help you study and promote positive wellbeing, both physically and mentally.

Finding a routine that suits you and the way you learn will be important over the coming weeks. Your School/College/Training Provider may have provided you with work relevant to the course you are studying, and this should be your focus.



The following are some ideas for keeping structure to your day. Keeping a routine which mirrors a typical day when you attend your education provider will help you to manage things until we are able to carry on with our 'usual' activities, so you may wish to consider the following...

DAILY ROUTINE

Life is changing for a while and whether you are staying at home completely or social distancing, you will be seeing some disruption to your normal routine. Think about how you can adapt and create positive new routines and set yourself goals. You might find it helpful to write a plan or timetable for your day or your week. If you are working and studying from home, try to get up and get ready in the same way as normal, keep to the same hours you would normally work and stick to the same sleeping schedule.

You could set a new time for a daily home workout, and pick a regular time to do your cleaning, read, watch a TV programme, something on YouTube, a film, or cook.

Ideas for creating your daily routine:

- Establish 'study' hours e.g. 9:00 – 3:00 each day
- Prioritise your tasks based on your tutors' / teachers' advice
- Take regular breaks, stay hydrated and make sure you stop to eat or get some fresh air
- Set yourself small, realistic targets each day
- Do something else if you begin to feel distracted or frustrated with your task
- 'Switch off' when you're done; pack away your equipment, books or papers
- Don't be too hard on yourself; working alone, away from fellow pupils and teachers/tutors can be difficult – take pride that you are doing your best



DAILY ROUTINE

Set up your working environment

Some of the tips below may help you make sure your working environment helps you stick to your routine.:

- Choose a study area – quiet, well-lit and private
- Limit chances of distractions and interruptions
- Talk to others living in your house and explain your plans so they are less likely to distract you
- Play music if this helps you study
- Organise your equipment so you have everything you need

Stay connected with your school, college or education provider

It's important to keep in touch with your education provider – either your mentor at college, member of staff from your training provider or a designated member of staff from school will contact you during the time you are at home. Make sure that you answer their phone calls or respond to their emails. They will want to make sure that you are safe and will be able to answer any questions you may have relating to the home learning you have been given.

Remember, you can still ask your tutors for help if you get stuck and request feedback on your work. It's important to remember that you are not alone and the staff at your education provider want you to continue to make progress and do well. You should also let them know if there is anything happening that will affect your ability to study from home.



DAILY ROUTINE

As an idea you may wish to consider the following 2 day structure which incorporates all of the points mentioned and give you a feel for times and breaks; you'll find the links for the specific ideas in the following pages.

DAY 1	DAY 2
7:30 Breakfast – Free time	7:30 Breakfast – Free time
8:30 Get some exercise – e.g. Joe Wicks (see links)	8:30 Start a Journal – Set a daily plan what you would like to achieve or think about how you are feeling
9:00 English – Education provider set work or use one of the resources listed in following pages	9:00 Maths - Education provider set work or use one of the resources listed in following pages
10:00 Break	10:00 Break
10:15 Read a book, newspaper or magazine	10:15 Go for a walk/jog; listen to some music or a podcast
11:00 Break	11:00 Break
11:15 Education Provider set work	11:15 Look at the live plays currently being screened on the internet
12:00 12:30 Lunch Break—food and free time, sending messages/facetime to friends, catch up on social media	12:00 12:30 Lunch Break—food and free time, sending messages/facetime to friends, catch up on social media
13:30 Afternoon activity— Design a quiz, general knowledge with different categories ie sport, history, film, music and research questions/answers online	13:30 Afternoon activity— Create a menu for a meal which you could cook for yourself and a friend; what ingredients would you need and how much would it cost?
14:30 On-line learning using futurelearn or another online free course resource, see links on following pages. Choose a course which will support either your future chosen career or a specific area of interest	14:30 On-line learning using futurelearn or another online free course resource, see links on following pages. Choose a course which will support either your future chosen career or a specific area of interest.
15:00 Write up journal based on how today has gone, what you could have done differently and how you feel	15:00 Read a book/ newspaper or magazine

USEFUL WEBSITES FOR HOME LEARNING

When planning your study time, you should follow your school, college or education provider's instructions and advice. However, you may find you have extra time to look at some of the following websites useful for home learning. Some will need Google Chrome so check your browser if you can't access the site.

Websites covering multiple GCSE / A-Level subjects:

Success At School

<https://successatschool.org/advisedetails/1221/coronavirus-gatsby-subject-guides-free-to-access-from-home>

Gain access to a range of revision guides for free

Seneca

<https://www.senecalearning.com>

For those revising at GCSE or A level. Tons of free revision content. Paid access to higher level material

English:

Mr Bruff

<https://www.youtube.com/user/mrbruff>

Find hundreds of videos to help those studying GCSE and A-Level English. There are also daily video lessons.

BBC Bitesize

<https://www.bbc.co.uk/bitesize>

Support for GCSE courses and English functional skills

British Council

<https://www.britishcouncil.org>

Resources for English language learning

USEFUL WEBSITES FOR HOME LEARNING

Maths:

On Maths

<https://www.onmaths.com/>

Free website where you can complete practice papers on the internet and get marked as you complete each question

Maths Genie

<https://www.mathsgenie.co.uk/>

A Free Online GCSE and A-Level revision site

TES

<https://www.tes.com/coronavirus>

Has free resources uploaded by many teachers across the country, varying in age and ability

BBC Bitesize

<https://www.bbc.co.uk/bitesize>

GCSE Revision and Maths Functional Skills practice

Khan Academy

<https://www.khanacademy.org>

Especially good for maths and computing for all ages but other subjects at Secondary level. Note this uses the U.S. grade system but it's mostly common material.

Other Subjects:

Crest Awards

<https://www.crestawards.org>

Science awards you can complete from home

iDEAAwards

<https://idea.org.uk>

Digital enterprise award scheme you can complete online

USEFUL WEBSITES FOR HOME LEARNING

Scratch

<https://scratch.mit.edu>

Creative computer programming

The Artful Parent

<https://www.facebook.com/artfulparent>

Good, free art activities

Big History Project

<https://www.bighistoryproject.com>

Aimed at Secondary age. Multi disciplinary activities.

Duolingo

<https://www.duolingo.com>

Learn languages for free online or via the app

TED Talks

<https://www.ted.com/talks>

TED Talks are influential videos from expert speakers on education, business, science, tech and creativity, with subtitles in 100+ languages

OpenLearn

<https://www.open.edu/openlearn/>

Free taster courses aimed at those considering Open University, but everyone can access it. These are at an adult level, but some e.g. nature and environment courses could be of interest!

Joe Wicks

<https://www.youtube.com>

Physical exercise every morning

SEND

<https://www.elsa-support.co.uk/category/free-resources/>

<https://ncse.ie/online-resources>

<https://emergingminds.org.ukhttps://www.ucl.ac.uk/ioe/departments-and-centres/centres/centre-inclusive-education/homeschooling-children-send>

YOUR PHYSICAL & MENTAL HEALTH

Connect with others

Maintaining healthy relationships with people you trust is important for your mental wellbeing. Think about how you can stay in touch with friends and family while you are at home – by phone, messaging, video calls or online.

Talk about your worries

It is quite common to feel worried about the current situation. Remember, it is OK to share your concerns with others you trust – doing so could help them too. You can talk to your Social Worker or Personal Adviser, a Support Officer from VSK or you could try a charity helpline or webchat. You could also send a Mind of My Own Statement to one of your workers – go online at <https://one.mindofmyown.org.uk/> or download the app to set up a young person account and explore.



Look after your body

Our physical health really affects how we feel. Try to make sure you eat healthy, well-balanced meals, drink enough water and exercise regularly. Avoid smoking or drugs and try not to drink too much alcohol as this could end up making you feel worse. Get outside for a walk or a run if you can or try a follow-along home-workout videos (search on YouTube!).

KEEP
CALM
AND
GET FIT

YOUR PHYSICAL & MENTAL HEALTH

Stay on top of difficult feelings

Concern about the coronavirus outbreak is perfectly normal. However, some people may experience intense anxiety that can affect their day-to-day life. Try to focus on the things you can control, such as how you act, who you speak to and where you get information from. It's fine to acknowledge that some things are outside of your control, but if constant thoughts about the situation are making you feel anxious or overwhelmed, there are some things you can try to help manage your anxiety, like downloading an a meditation app like Breethe or Headspace. Take time to relax - this can help with difficult emotions and worries and improve our wellbeing.

Do not stay glued to the news

Try to limit the time you spend watching, reading or listening to coverage of the outbreak, including your use of social media, and think about turning off breaking-news alerts on your phone. You could set yourself a specific time to read updates or limit yourself to checking a couple of times a day. Use trustworthy sources – such as GOV.UK or the NHS website – and fact-check information from the news, social media or other people.

Carry on doing things you enjoy

Make an effort to focus on your favourite hobby if it is something you can still do at home. If not, picking something new to learn at home might help – there are lots of ideas online.

Keep your mind active

Read, write, play games, do crosswords, complete sudoku puzzles, finish jigsaws, or try drawing and painting. Whatever it is, find something that works for you.



YOUR PHYSICAL & MENTAL HEALTH

Below you will find some useful websites for promoting positive mental and emotional wellbeing

Action for Happiness

10 keys to happiness

<https://www.actionforhappiness.org>

Tips on well being and self care

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

Young Minds

Resources and ideas around supporting good mental health

<https://youngminds.org.uk/resources>

Mind

Mental Health Charity

<https://www.mind.org.uk>

Student Minds

Resources aimed at University Students

<https://www.studentminds.org.uk/coronavirus.html>

The Mix

Support for a range of challenges facing young people and young adults including mental health worries

<https://www.themix.org.uk/>

We hope you find this guide helpful and that you enjoy giving some of these activities a go!

VSK is here to support you at this difficult time, so if you need something—get [in touch](#) via our website.