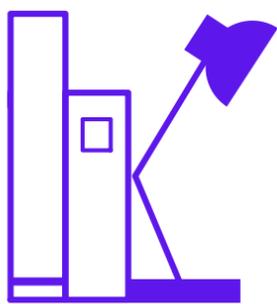


A GUIDE TO:

# STAYING STUDIOUS IN QUARANTINE



## CATCH UP ON HOMEWORK

Try to set aside a few hours everyday to stay on top of online school work. You can also use this time to catch up on any outstanding work from before spring break.

## READ A BOOK

Now is a great time to pick up that book you've been meaning to read. Try swapping out your phone for a book before you go to bed in order to give your eyes a break from the harsh lighting and help yourself relax.



## PLAN YOUR FUTURE

Use this time to look into post-secondary institutions and programs that interest you. Try setting goals for motivation and to give yourself something to look forward to after quarantine.

## APPLY FOR SCHOLARSHIPS

Many scholarships are still taking applications! Check the school website under Career Centre for details. Apply for everything you qualify for, even small awards, to give yourself the best chance.



## PLAY TRIVIA

Many online trivia games are available and can help keep your wits sharp despite these trying times. Play as a family team for a bonding experience, or against them for a more competitive match.

## TAKE A COURSE

Visit [www.coursera.org](http://www.coursera.org) to get access to courses from the world's top universities for free! One example is "The Science of Well-Being" which is being offered by Yale University.



WHAT ARE YOU WAITING FOR? GET STUDIOUS!

REMEMBER TO STAY SOCIALLY DISTANT & DO YOUR PART TO  
#STOPHESPREAD

This guide is brought to you by the Peer Tutors of Gleneagle Secondary School

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