

KUJIANDAA KWA MASOMO YA MTANDAONI

Habari kwa wanafunzi

Kwa habari Zaidi tembelea
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Department for Education

K I K I

Habari kwa wanafunzi



Tengeneza sehemu ya kusomea

- Shirikiana na wazazi/walezi wako ili kupata nafasi nzuri ndani ya nyumba yako na uweke alama kwenye nafasi yako ya kujifunza.
- Jioeshe-kuongeza picha na kufanya vizuri!
- Hakikisha kuwa una vifaa vya kutosha (kalamu, vidhulishi, madaftari n.k) na rasilimali sahihi za kujifunzia.

Tunza sehemu ya kusomea safi

- Ni vigumu kuwa na nidhamu ya kufanya kazi nyumbani, na hata vigumu zaidi kama mahali pako pachafu.
- Weka kipima muda! Fanya haraka dakika 10 kusafisha kabla ya kuanza kujifunza-inasaidia kujenga mazingira ya kujifunza ya kutulia.

Pangilia siku

- Hakikisha una uelewa wazi wa kazi zako kwa siku hiyo na wakati wa mapumziko yako.
- Jiwekee mwenyewe lengo la kila siku kwa kile ungependa kufikia mwishoni mwa siku.
- Hakikisha unajua numba za siri (logins) na nywila zako kwa ajili ya tovuti na rasilimali ambazo huenda ukahitaji kutumia.



Endelea kuwasiliana na walimu

- Hakikisha kwamba unafuata mipango ya kujifunza iliyoundwa na waalimu wako, simamia tarehe zinazofaa na kuwasilisha vitu kwa wakati.
- Kumbuka unaweza kuwasiliana na mwalimu wako kwa msaada- unatakiwa tu kupanga ratiba ya wakati rahisi wa pamoja naye kama wanaweza kusaidia mwanafunzi mwingine.

Chukua mapumziko ya mara kwa mara

- Kuchukua mapumziko ya kawaida wakati wa siku inachukua akili yako safi na ni moja ya njia rahisi ya kuhakikisha unaweza kuzingatia na kujituma katika kujifunza kwenu.

Mazoezi

- Kaa mbali na Laptop yako kila baada ya saa moja na kufanya zoezi fulani. Kucheza na mbwa katika bustani ya nyuma, kufanya mazoezi ya dakika 10 au mazoezi ya ujuzi wako wa ngom.

Kula vizuri

- Hakikisha kuwa unapata mboga na matunda ya aina mbalimbali, pamoja na vyakula vingi vya lishe. Lishe bora ni muhimu sana kwa ustawi wetu wa kimwili na kiakili.



Keep socialising

- Use online systems and apps to maintain positive social contact.
- Post on discussion boards and read other student's posts, you are all probably feeling the same.
- Set up informal discussions via online apps if you can. Choose your topic and spend some time discussing ideas, analysing texts together and swapping study tips.

Be respectful and understanding of each other

- As with all social media platforms, a simple misunderstanding in writing can quickly escalate.
- On discussion forums you may find that some people who don't normally speak up in class now have more to say. This is a good thing! Be clear in your communication and allow everyone to have a voice.
- Listen to each other and if you are unsure of something that has been said, ask a question.
- Remember, the same behaviours and expectations apply as if you were in the classroom.



Reach out for help

- Not everyone has access to a laptop and reliable internet. You might also be missing physical resources such as libraries and laboratories. Get in touch with your teacher if you don't have access to the right equipment.

Finish your learning for the day

- It's important to have a clear cut-off point when you finish studying for the day.
- Pack up your study materials at the end of the day if you can, so that you can separate school from home.
- Go and do another fun task that you enjoy!



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