

Ms. Aune

OFFICE HOURS
MON - FRI, 7:30-11:30

Appointments available via
Zoom. Please email to
schedule a time.
jaune@marathon.k12.wi.us



STUDENT SERVICES

How to be Successful with Home Learning

While it may be exciting to envision having the next few weeks off from school, it is important to set a routine and keep a schedule in order to remain successful.



- 1) **STAY CONNECTED:** You are encouraged to check your school email, PowerSchool, and other online platforms that your instructors are utilizing DAILY in order to stay on top of announcements, assignments and deadlines. During this time of social distancing, pick up the phone and have a conversation with a friend or write a letter to someone that you may not have spoken to in a while.
- 2) **BE MINDFUL:** It is easy to get swept away with the media frenzy. Limit your media exposure to sources that may increase anxiety, depression, loneliness, fear and/or anger. There are many wonderful apps and podcasts that will help you stay in a good place (Chill, Pause, Calm, HeadSpace)
- 3) **SET A SCHEDULE:** I get it! The couch is calling your name and your coziest sweatpants are ready to lounge BUT it is important to set your schedule and get dressed every day. A life in sweatpants can become depressing and we do not want that to happen! Incorporate exercise into your schedule. Get outside for some fresh air.
- 4) **CREATE A WORKING SPACE:** Everyone learns differently and each day your learning space may differ, but it is important to find a space that feels comfortable and allows you to complete work to the best of your ability.

Things to Do While Away from School

- 1) **LOGIN TO XELLO.** Continue searching careers and colleges. While physical campus tours may be on hold for the time being, you can still take virtual campus tours to familiarize yourself with the layout of each school.
- 2) **FIND & APPLY FOR SCHOLARSHIPS.** Seniors, you can continue applying for scholarships. All other grade levels, watch for emails as I will forward information on when received.
- 3) **BRAG SHEET & RESUME.** Juniors, you can access your Brag Sheet on Powerschool and begin working on answering questions to give to those you wish to write letters of recommendation on your behalf. Seniors, you can be updating your resume and/or beginning to create one.
- 4) **PREPARE FOR THE ACT / SAT.**
- 5) **LEARN TO CODE.** Free Classes, Websites & Apps.
- 6) **STAY ACTIVE.** Go for a walk or run. Participate in a virtual race! Practice yoga using YouTube videos.
- 7) **LISTEN TO A PODCAST & LEARN SOMETHING NEW.**
- 8) **READ A BOOK, JOURNAL, COLOR A PICTURE, DISCONNECT FROM SOCIAL MEDIA.**
- 9) **READY FOR A CHALLENGE?** Here are 450 online college courses that you can take right now for FREE!
- 10) **ABOVE ALL ELSE!** Take care of yourself. Take care of your family. Be kind to others. Reach for help when needed!

If you need immediate assistance:

EMERGENCY
9-1-1

CRISIS SUPPORT
2-1-1

NATIONAL SUICIDE PREVENTION

800-273-TALK

CRISIS, SUPPORT, LGBTQ
866-488-7386

SUBSTANCE ABUSE & MENTAL HEALTH HOTLINE

800-662-HELP

ADDITIONAL INFORMATION AVAILABLE HERE!

Protecting Your Mental Health During the Coronavirus Outbreak



WAYS TO SELF-CARE DURING CORONA (COVID-19) VIRUS

@HOLISTICALLYGRACE

INFORM

LIMIT EXCESSIVE, CONTINUOUS EXPOSURE TO MEDIA. INFORM, WITHOUT OVERWHELM. SET BOUNDARIES AROUND TIME, TRUSTED SOURCES.



CONNECT

REACH OUT FOR EMOTIONAL SUPPORT, CONTACT LOVED ONES, ISOLATION IS DETRIMENTAL TO OUR HEALTH



SOOTHE

DEEP BELLY BREATHING, GROUNDING TECHNIQUES, GUIDED IMAGERY, PRAYER, CALMING SOUNDS, LAUGHTER, SINGING



CONTROL

FOCUS ON THINGS WE CAN CONTROL: WASH HANDS, HYDRATE, NOURISH, CONTACT HR REGARDING WORK POLICIES, ADJUST FINANCES



HONOR + DISTRACT

ACKNOWLEDGE FEAR, ANXIETY. FIND ACTIVE WAYS TO DIVERT ATTENTION: PUZZLE, READ, CRAFT, ETC.

ANXIETY GROUNDING TECHNIQUE

focus on your breathing, then identify

5 things
you can
see



3 things
you can
hear



4 things
you can
touch



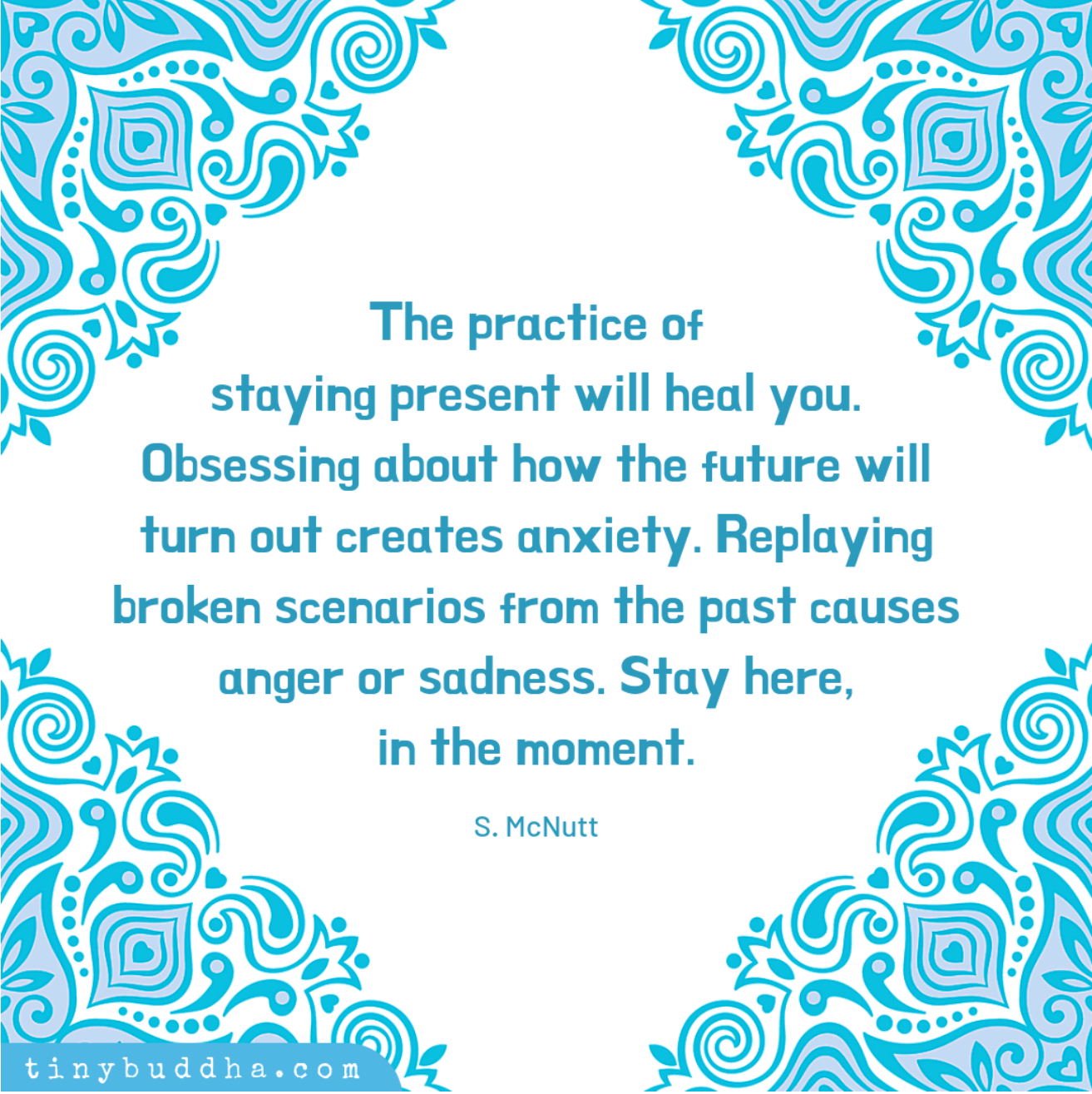
2 things
you can
smell



1 thing
you can
taste



amf-designs



**The practice of
staying present will heal you.
Obsessing about how the future will
turn out creates anxiety. Replaying
broken scenarios from the past causes
anger or sadness. Stay here,
in the moment.**

S. McNutt

tinybuddha.com



DEAR CLASS OF 2020

YOU ENTERED THE WORLD DURING 9/11.
YOU GRADUATE DURING A PANDEMIC.

NO DOUBT THESE EVENTS WILL SHAPE YOU.
YOU SEE BEYOND BORDERS AND POLITICAL
PARTIES. YOU SAVOR THE GOOD. YOU
RELISH HEALTHY LIFESTYLE HABITS.

THE CELEBRATIONS MAY NEED TO WAIT.
AND YOU ARE OK WITH THAT.

WE ARE PROUD OF YOU!