

# DIGITAL LEARNING ROUTINES

## Morning

**Use a digital planner to set goals and prioritise tasks.**

*E.g. My Keep, Google calendar*

**Focus on your learning. Use appropriate apps. Avoid social media and online gaming.**

**Paraphrase and give credits to all online sources used. Verify and acknowledge use of AI-gen content.**

**Recognize cyber threats, maintain digital privacy, respect self and others, and control digital footprints.**

**Always sign in with Student iCON account. Set up self-recovery of password at <https://idp.mims.moe.gov.sg/>**

## Afternoon

**Balance screen time with physical activity. Take short breaks to stretch and hydrate.**

**Organise your files into folders. Backup regularly. Restart PLD weekly to keep PLD updated.**

## Evening

**Fully charge your PLD before the next school day and have a screen-free good night's rest!**



ICT Helpdesk

<https://go.gov.sg/wsssicthelp>