

# Keeping up with school work (for secondary students)

Everyone gets sick and misses school sometimes. However, you might miss more school than your friends because of doctor's appointments, medical tests, tune ups, time in hospital or being unwell at home. Even when you're at school, you might not feel as well as your friends or have as much energy and time to do all of your school work and extra-curricular activities.

## General Tips

- Start on homework and assignments as soon as you get them and study early for exams. Don't put off getting started. Keeping on top of your work can help you avoid feeling anxious.
- Be creative with school attendance. Perhaps you can have some half days or go to school every second day for a while. These options give you more time for sleep and treatment but you can still go to some classes and see your friends.
- And remember - keep taking good care of your health.

## Talk to your friends

See if they can help you by taking notes, emailing you resources, having study sessions together or anything else that may support you.

## When in hospital

If you feel well enough, take advantage of the hospital teachers and the facilities. They are there to help you with your school work and to liaise with your school.

## Talk to your teachers

- Remember they are there to support you but may not always know you need help - so talk to them and tell them!
- Be proactive and ask for help early on. If you have a lot of work to catch up with, ask them to help you work out which parts of the work are important to do. They may also be able to organise more time for assignments to be completed.
- For times when you are away in hospital or unwell, work out strategies so you can keep in touch with each teacher and with school work. Ask them to send you the work that it is important for you to do.
- You can also ask your classroom teacher, year level coordinator or welfare coordinator to get in touch with your teachers on your behalf and organise work to be sent to you
- Use technology such as Skype, email, recording of lessons, digital resources, photos of board work etc to keep you in touch with what is happening in class.

## Talk to your family

Don't let things get on top of you. Let your family know if you feel you are struggling and need additional help.

## Tips from students with CF

“Use your free periods wisely. You can do your homework to give you more time in the evening to relax. You can do some exercise or have a quick nap if you’re feeling extra tired.” – Andrew

“Ask your friends to share their notes with you and to let you know about any assignments or tests that are handed out if you’re away.” – Scott

“Talk to your year coordinator about anything that you think might help you. The worst that will happen is that they say no!” – Emily



## Other educational support organisations and resources

**Ronald McDonald Learning Program** is a national program that helps young people with serious illnesses such as CF to help catch up on missed education following lengthy hospital stays and absence from school. You can ask to be considered for a year of tutoring in one of your subjects (40 x 1 hour). You are only able to access this once during your education and there can be a waiting list of a few months  
[www.rmhc.org.au/our-programs/learning-program](http://www.rmhc.org.au/our-programs/learning-program).

**Government, Catholic and Independent schools** may be able to access additional resources for you such as a visiting teacher. If you feel you need additional help, make sure you ask what other resources are available

**Cystic Fibrosis Community Care** has an education coordinator you and your family can talk to about possible extra resources and educational options  
[education@cfcc.org.au](mailto:education@cfcc.org.au)

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**[www.cfsmart.org](http://www.cfsmart.org)**

**for more information:**

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