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# Tips for Remote Learning

Remote learning certainly has its challenges. Students that are most successful as remote learners consistently follow a daily schedule and communicate by asking for help. Here are a few tips to help your student succeed this school year!

## FOLLOW A SCHEDULE



Students thrive on structure. When things are unpredictable, a daily schedule adds some much needed stability! It also helps students stay accountable while practicing time management! Our teachers have scheduled Google Meets and students should follow the regular bell schedule

Parents, [create an observer account](#) on Canvas to help monitor your student's progress! \*And download the [app for your phone!](#)

## SET DAILY GOALS



Setting goals helps give our day purpose. When goals are achieved, it gives us a sense of accomplishment. Try using a [daily goals sheet](#) template or a planner.

## MOVEMENT

Movement is mandatory for sustained energy and focus. Encourage breaks and stepping away from the screens to take a walk outside or light exercise. A bit of fresh air a few times each day can make a huge difference in mood and motivation!



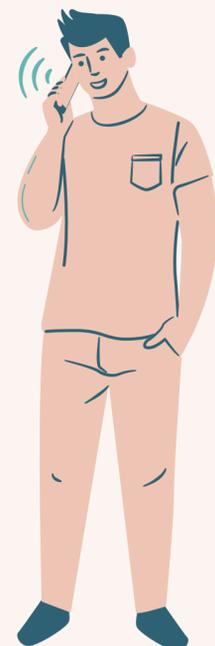
## CONNECTION

Loneliness and isolation can lead to a decline in mental health. Students are encouraged to hold Virtual lunches or online study groups with friends. [Find time to connect and have fun with family.](#) Students should also turn their camera on during class meets. This will help all to feel more connected with teachers and classmates – and really set the tone for learning!

# I can & I will

## ASK FOR HELP

A great predictor of success is a student's ability to advocate for self & others and to communicate with instructors when help is needed. Students need to be [proactive in reaching out](#) to teachers. Students can email a teacher or stay on a meet a few minutes after class to ask questions or set up an appointment!



## FOCUS ON EFFORT

For every negative thing or setback, point out 2 positives! positive feedback is so important! This is a great opportunity to celebrate student strengths, including resiliency as well as reviewing how well students can communicate and connect with their instructors.

**Schoolwork Refusal** • Remote learning can seem overwhelming. It is OK to reach out for extra support and resources if your student is not engaging in online work. Communicate with your student's teachers/counselor to work towards positive outcomes. [This resource](#) has great tips for encouraging even the most reluctant learners!

**Every Learner, Every Day, Every Way!**