



REMOTE AND ON-LINE LEARNING HELPFUL HINTS

2020-2021 ACADEMIC YEAR

HELPFUL HINTS AND SUGGESTIONS FOR ON-LINE LEARNING

A shift in our learning platform requires our students and families to make adjustments, and a strong partnership is essential for the best success in delivering continued best practices in learning. The academic office, teachers, advisors, and everyone here are available to guide and help students, but there are also things that can be done at home to help students.

Help your student establish a regular schedule and stay engaged with their learning.

- Help your student establish and maintain a routine, including a regular bedtime and wake-up time each day.
- Familiarize yourself with the weekly schedule and help your child sustain good school habits.
- Begin and close each “school day” with a brief check-in.
- Remind your student to check Schoology frequently. Even when they are not watching a lesson, there will always be meaningful learning tasks to complete.

Create a dedicated learning space.

- Identify a place at home that can serve as a dedicated workspace where they can “go to school” each day.
- Help ensure this space is organized with school supplies and free of distractions (cell phones, video games).
- If an open, central location in your home will be sufficiently quiet, this will help your student avoid feeling isolated and will allow you to monitor learning.
- Consider telling your student that couches and beds are not suitable for remote learning.

Encourage independence and allow for productive struggle.

- On-line learning creates the perfect opportunity for students to develop self-monitoring skills, independence, self-reliance, and confidence.
- Stay engaged with your student’s learning but allow them to grapple with problems and come up with ideas for tackling them.
- Refer your student back to their teachers for extra help [scheduled “live” sessions are available each day and teachers are also always available by email] if they seem stuck or discouraged, encourage them to reach out to their teacher.

Use our resources for help.

- For academic help your student’s teacher is the first resource; teachers will make themselves available to speak with students and families directly. Our teachers are prepared to be flexible, adapt assignments, and accommodate student learning needs to ensure progress for each student.
- Faculty advisors are also available for one-on-one support.
- Academic Support Program resources continue to be available.
- If your student is struggling, please do not hesitate to reach out for help.

Encourage your student to maintain social contact with peers and the Suffield community.

Encourage physical activity and monitor student stress and well-being.