

# TIPS AND TRICKS FOR SUPPORTING YOUR CHILD WITH DISTANCE LEARNING



## Create a daily schedule

As a family, create a schedule and routine that you want to follow. Be sure to build in family time, fun time, outdoor time, as well as academic time. Dedicate time to cooking and eating together, going outside, exercising, and unplugging from technology.



## Identify a quiet, focused work space

Help your child identify a consistent work space that is quiet, clean, and promotes a focused work environment. Try and avoid areas that have significant distractions (high traffic, television, gaming, etc.)



## Set expectations

Work with your child to set daily (and weekly) expectations for academic work. Clearly communicate these expectations and check in regularly. Be prepared to check and adjust.



## Help your child stay connected

Encourage your child to check their email at least twice daily, parents as well. Important information will be communicated via email from teachers regularly. Students should attend Zoom sessions daily. Ask your child about them each day. Families can also stay connected by signing up for Remind.



## Empower support

Log in to Empower with your child each morning. Have them write a "to do" list and prioritize their work for the day. All distance learning classes will be labeled as "Distance" and students are expected to complete the work assigned in these classes. Ask them to show you their completed work.



## Staying organized

Ask your child to keep a written or typed list of their tasks for the day, as well as the questions that arise as they work through their assignments, activities, and projects. These questions should be asked to teachers during daily Zoom office hours.



## Remember this is a team effort

We will work through this challenging and unprecedented time together! Teachers will be providing the learning opportunities and academic supports, while you continue to hold students accountable at home. Please contact your child's advisor, classroom teachers, or administration with any questions or needs.