



Remote Learning Tips for High School Students

Kristin Rosario, Professional School Counselor

Use a Calendar

Virtual learning requires some serious time management skills. Luckily there are plenty of tools to help you keep track of where you need to be and what you need to do. Use your Google Calendar to keep track of class times, assignment due dates, projects due and upcoming tests so you know what and when to study!



Be Punctual!

Being on time for class is very important. Our blocks are cut down from 90 minutes to just 45. Please be sure you are logging in to class on time, or a few minutes early so you don't miss out on instructional time - or directions on how to complete an assignment.

Set Alarms

Use the alarm clock feature in your phone to set alarms that go off 5 minutes before class time, appointments, or study sessions.



DON'T STAY UP TOO LATE!



Wake up and go to bed at the same time daily. This will help set your internal clock. Your wake up time may be later than it used to be during the week, but you still want to get up at least 15 minutes before class starts so you can get dressed and be awake to participate!

Work Space

Have a dedicated work space that will allow you to focus in class with minimal distractions. This could be at a desk or table with a chair. If your bedroom is the only private space you have away from human distractions and you don't have a desk, set up on your floor - NOT your bed. Make it a habit to work from this space daily so your brain and body associate this space with working.



Be prepared with all your materials

Make sure your laptop, charger, earbuds and/or headset are in working order, and you have any other supplies you may need ready to go at the start of class. If you are not good with taking notes in a Google doc while on a Zoom class, have a notebook and pen/pencil ready for notetaking. Having a dedicated workspace will make it easier to keep track of your necessary supplies and materials.



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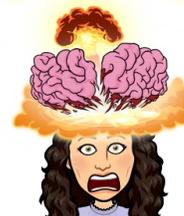
Eliminate Distractions (games and phones)

During virtual class time, you should not be playing games or talking to friends (unless in class). Remote learning takes even more discipline to pay attention. Distractions such as video games and your cell phone can easily pull you off track causing you to miss out on important instruction and assignment directions. Keep your phone OFF and the video games out of sight during meeting times.

Ask for Help!

If you don't understand what is being taught in class, don't be shy about asking for help. With shorter blocks and all virtual learning, there are going to be things you don't understand. That is okay! If you are having a hard time getting it during regular class hours, email your teacher to set up a one on one video session to get extra help.

GET HELP



Set Goals!

School doesn't end after the Zoom meeting - you still have work to do! Staying on top of your work during virtual learning is an added challenge. Set yourself goals such as, "Today I will practice 10 math equations" or "I will finish my rough draft of this essay by Friday." Setting goals helps you stay focused and disciplined with your work.



Celebrate Success!

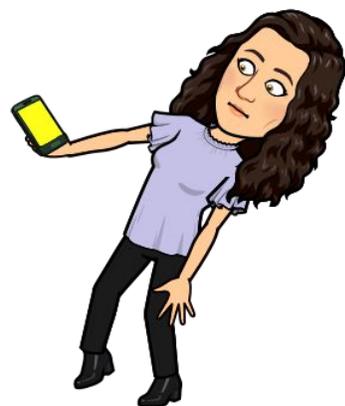
When you meet your goal, make sure you celebrate! Reward yourself with a treat, some video game time, or play time with your pet - whatever helps you feel good. It is so important to make sure we celebrate our accomplishments to be motivated to do more. Share your goals with your family so they can help you celebrate your achievements, too!

REWARD YOURSELF



Email Etiquette

Check your school email at least once in the morning and again in the afternoon. When you email your teacher, try to use the following template: (you don't want your teachers looking at your message like my Bitmoji is looking at my phone here).



Dear Mr./Mrs. (teacher's last name),

I hope you are doing well. I was hoping you could help me with....(state your concern or ask your question)

Thank you,

(Your first and last name)

(Your class name/period)