

Virtual Learning Success Tips

Get Your Attendance Done Daily!

- Pull up all your attendance sheets for the day the first thing in the morning and get them done.
- Write a check list of what to do daily including attendance and check it when done each day.
- If your attendance is wrong contact attendance, your teachers, etc.
- Make sure you are clicking “submit” not “enter” when you are submitting your attendance for each class.

Get Organized!

- Write things down! There is too much to remember otherwise. Use a planner/calendar to write down when your meets are each week (date and time) and when assignments are due.

Recognize the Importance of Routine!

- Set up a schedule you will follow everyday
- Include breaks in your routine (set an alarm if necessary) and have a plan such as you are going on a walk, going to kick the soccer ball around, listen to some music, take a dance break, get out in nature, etc.
 - This is a time to get away from the screen including cell phones, TVs.
- Include lunch time and nutrition breaks (Eat breakfast! You need the fuel!)
- If home alone set up times on an alarm or cell phone with breaks

Exercise!

- Movement will help with motivation, mood, and concentration!

Get Some Sleep!

- Go to bed and get up at the same times daily.
 - Sleep is so important and without a routine you may find yourself feeling sluggish and non-motivated.

Set Up a Work Space for School!

- Free the area with distractions and train your mind that when in that space you are actively doing school. Always use the same space for school daily.

Reward Yourself!

- When your work is done reward yourself with something fun.

Get Connected/Don't be afraid to ask for help!

- Attend the virtual “MEETS” on-line! This is a time to connect and is super important.
- Keep in mind you are not in this alone and ask for help from you team of support to help you be the most successful.
 - E-mail your teacher if you are struggling with the work, trouble with finding or accessing assignments, technology issues, etc.
 - Teachers can't understand why you may not be getting attendance done right, assignments if there is no communication.
 - Reach out to your counselor if you need help or support!
 - Tell your parents/guardian if you're struggling.
- Utilize the EHS free tutoring provided virtually at scheduled times, as well as teacher office hours!

*****Most importantly: Tell yourself this is not going to be forever (because it won't be). Do your best and give your all...then “Give it Grace”. You've got this!**