

ULS School Counseling Department Managing Distance Learning

When using distance learning, here are some helpful tips to provide structure and support, as well as brain breaks, during learning time at home:

- Develop a routine for your child. A consistent routine with time built in for schoolwork and breaks can be helpful. Remember that when your child is at school, they have recess, lunch, P.E. and break times throughout the day. Find a routine that works for your family. If you need help creating a routine, reach out to the School Counselors for support.

- Minimize distractions. Often, children and teens can find themselves distracted by phones, televisions, and other devices. Talk with your child about ways to minimize these distractions, such as placing their phone in the kitchen and making sure other devices are turned off.

- Consider your workspace. It is important to have a workspace that encourages learning and productivity. Some children and teens can work effectively in their bedrooms, but for others this space can contain distractions, such as toys, gaming systems, and other devices. Consider setting up a dedicated workspace in a common area, such as the kitchen table, which helps to minimize these distractions and allows you to monitor your child's progress.

- Collect the needed supplies. Depending on age, your child may need anything from crayons, scissors, and glue to a ruler, novel, notebook or graph paper, textbooks, workbooks, highlighters, pens, and pencils. You may want to check on your printer ink and computer paper supply.

- Communicate with teachers. It is especially important to monitor email and communicate with teachers since face-to-face interactions are not available. We want to stay in touch!

- To the extent possible (the grocery shelves are looking a bit empty), keep healthy snacks on hand. Being at home, students will have more opportunities to snack throughout the day. We want to be sure that those snacks are nutritious.

The teachers have been impressed with the work ethic the students have already shown in this altered learning environment. Thank you for partnering with us to facilitate an active learning experience during this time away from school. All these steps will help to set the tone for successful work completion.

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