

Get the Most Out of Virtual Learning

TIPS FOR SUCCESS IN VIRTUAL LEARNING



CREATE ROUTINES & FOLLOW YOUR SCHEDULE

Try to get up and go to bed at the same time. Having routines and structures helps your day run smoother, you're more productive, and you feel more on top of things.



STAY ORGANIZED

Have a system for keeping track of assignments and due dates. Write assignments in a planner, Canvas calendar, or app on phone. Make sure you know what is due and when.

HAVE A DEDICATED STUDY SPACE

Find a quiet, clean, and organized space to do school work, this includes your live class sessions.

MINIMIZE DISTRACTIONS

Your home may not be the most ideal learning environment so it's important to make it learning-friendly. Turn off the TV, silence your phone, and eliminate as many interruptions and distractions as possible.



STAY UP TO DATE ON COMMUNICATION

Check Canvas announcements and e-mails daily for all classes.



HAVE A GROWTH MINDSET

When you encounter a challenge, stay positive, don't complain or give up. Ask for help, try to do things differently. Know that you are not alone.

BE PATIENT

Be patient with every one. This includes your teachers, peers, family, and yourself.

BUILD COMMUNITY

Learning is hard to do all by yourself. Regularly communicate with friends and classmates-talk about the work you're doing, things that are challenging, and life in general.

SET GOALS

Set short-term academic and personal goals like having your school work finished by a certain time of the day. Try to engage in at least 30 minutes of physical activity every day.

BE PRODUCTIVE

Read for Pleasure
Go for Daily Walks
Work on Useful Tasks
Pick up a Hobby or Skill
Write in a Journal



STAY MENTALLY HEALTHY

- Talk about what bothers you
- Use calming techniques
- Take deep breaths
- Relax your body
- Participate in a physical activity
- Continue to take health and safety measures
- Practice social distancing
- Wash hands frequently
- Stay home if you do not feel well



We Will Get Through This Together

