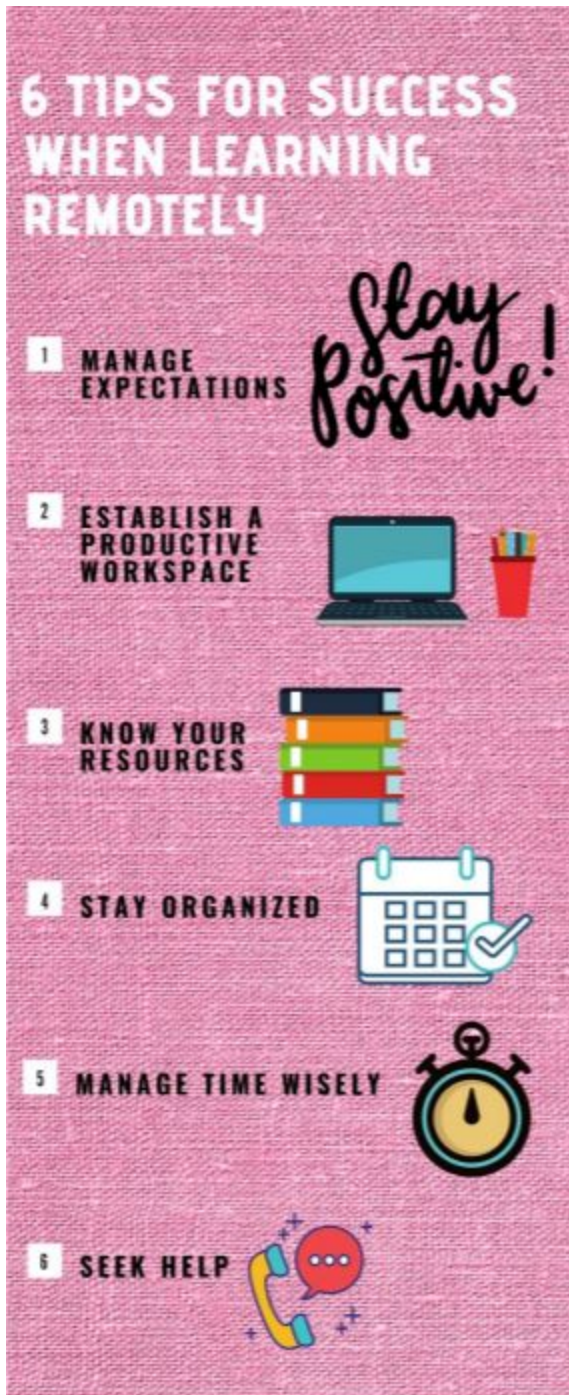


TIPS FOR DISTANCE LEARNING -- The ARC is "open" and ready to help!
kathleenbaughman@gfs.org katyjohn@gfs.org



Created by: The NCS Teaching & Learning Center

Manage Expectations:

- Be flexible! This is new, and you will need to develop new habits. Keep practicing, and it will get more familiar.
- Stay calm if your technology isn't working perfectly. Take a deep breath and reassess the situation.

Establish a Productive Workspace:

- Find a clear and flat surface to work.
- Make sure you have plenty of light (daylight helps with mood!)
- Limit your distractions (TV, phone, family chatter).

Know your Resources:

- Read everything on your course Schoology pages.
- Note down times when teachers are hosting Google Meets or are available for "drop ins."
- Consider a helpful "study buddy" to help you stay motivated.

Stay Organized:

- Continue to use your planner! Write down each task for each class, and check them off as you complete them (so satisfying!)
- Upload or submit work as soon as it is completed.

Manage Time Wisely:

- Set a timer to keep track of the amount of time you are dedicating to each subject.
- Take a break between subjects to stretch your legs, eat a snack, recharge your energy.
- Complete your most difficult subject when you feel most energized.

Advocate for yourself and seek help:

- Email your teacher with questions.
- Ask for extensions when needed.
- Reach out to a peer.
- Set up extra help sessions with ARC.
- Ask nedablackburn@gfs.org or techsupport@gfs.org if you need tech help