

Here are some tips to help your scholars stay focused on school work while working at home!

Organizing their space.

We live in New York. We know it is hard to find a quiet space anywhere sometimes. We know it's even harder when there are multiple kids in the same apartment or house. That's why we have to get creative! Scholars are more focused on learning when they have a dedicated school space, even if it's just a corner of a room. Find a place that is free from distractions and noise. If you have more than one scholar, consider different spaces for each scholar to help with focus. The learning space should be:

- **Quiet** – Keep away from distractions like the TV or siblings engaged in other activities. If you have the TV on, have students use headphones to help.
- **Monitored** – while learning online is done with some independence, parents should be able to check-in easily to check on progress.
- **Comfy** – within your learning space, students might want to move from desk to a cozy chair or the floor. As long as your scholar is completing the work, seating changes may help with attention.



Reviewing the Schedule for Scholars.

Met has provided schedules for all our scholars. This includes what needs to be completed each day. All of the work can be finished during the time period given. Scholars should have breaks into the day and not to put too much into one time period. Breaks may need to be more often for younger scholars.



Setting Goals for their Learning.

If your child is having a tough time with completing their assignments, try helping them by saying "let's set some goals together to help you finish this work." Goals should be challenging but doable with clear steps.

For example, a reading and writing assignment goal might be made up of the following:

1. Read the chapter
2. Take notes on the chapter.
3. Complete the writing assignment for the chapter.

Reviewing and Reflecting on the Day.

Finish off the day with some time to ask your scholar to show you what they worked on and ask them a few questions about what they learned. Ask them how their schedule went and if they need to change anything for tomorrow.