



SAINT THOMAS ACADEMY

DISTANCE LEARNING



TOP 10 TIPS FOR DISTANCE LEARNING

- **Sunday Night:** Review Unified Classroom to know what to expect for the week and use your calendar to note when classes are live.
- Check your **email** to start the day, at mid day, and before you log off for the day. Respond within 24 hours.
- Use your **planner** - break work into smaller chunks. Make a list, and check work off when you submit it.
- Get into a **routine** - it will help keep you on pace and productive.
- **Email** teachers if you have questions, or go to live tutoring sessions via Zoom or Hangouts.
- Check **PowerSchool** for feedback on assignments and to see if you are missing any work.
- Take **breaks** to rest your eyes and brain. Be active, eat a snack, and stretch.
- Keep your study space **neat** and **organized**.
- DO THE **WORK!** It's not going to go away. Waiting to climb a hill won't make it any smaller.
- Ask for **help**. Your teachers, counselors, learning specialists, and parents are here for you. We want you to be successful, reach out if you need anything! We're all in this together.