



## 7 WAYS TO SUCCEED WITH SYNCHRONOUS LEARNING

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It's a new school day. Outfits are pressed and laid out from the night before. Laptops are charged, pencils are sharpened, and assignments are ready to be tackled. The sun is barely above the horizon when alarms start calling student's names.

They get dressed, make breakfast, and prepare for the day to come. But instead of jumping in the car and sitting in traffic, students make their way to their desks situated comfortably in their rooms or study space. It's a GAC Sync day.

For the next 7 hours, students engage in transformative, synchronous learning thanks to newly installed AI technology in each of the classrooms. There's also an interactive white board where students and teachers are able to collaborate in real time.



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But, preparing to have a successful day at school using new technology and in a new environment can feel overwhelming. What exactly does that look like from a learning perspective? How does it affect a student's academic performance and ability to engage?

*"To succeed with synchronous learning I do a variety of things. First, I try to remove distractions from the environment around me. In addition, I plug in headphones so that I can focus better and hear more from the class so that I can take better notes. Also, since I am home right after school ends, I have time to look over my notes again. To stay connected with friends, I text them everyday and Facetime them every once in a while,"* says GAC Senior Andre Moxie.



With the proper technology and learning environment, GAC believes online learning can be just as successful as face-to-face learning and can even offer some remarkable benefits, such as flexibility and time to pursue passions outside of academics.

*"GAC Sync offers the ability to experience lessons at home, in real time, so that students and teachers can engage, question, answer, and debate topics as they're happening. Students are able to participate in that moment, and teachers can provide answers right away. Sync also allows a visual insight into the classroom. You get to see your teacher and the students in a classroom setting. It's as if you're sitting in the back of the class, fully able to participate and engage in the lesson,"* said Terry Beasley, High School Math Teacher and Department Chair.

**Through this transition, we desire to partner with students to provide the most successful learning experience possible. Here are some more ways in which your student can thrive with Synchronous Learning.**

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**1. Set up a quiet, undistracted work environment:** When learning from home, it's important to model workspaces after a classroom setting. This means keeping study areas clean, organized, and free of clutter. This will help students stay focused on their assignments. Wearing headphones can also help reduce outside audio distractions.

**2. Cultivate strong teacher-student communication:** Teachers are available to help grow and advance each and every student's academic career. They are present to help navigate this transition to online learning, so if a student is struggling to focus, stay engaged, or learn the material, they should reach out, and let them know.

**3. Establish a predictable routine:** Following a schedule helps students feel safe and secure and oftentimes leads to higher levels of happiness and cooperation. Setting a timer for each part of the routine helps to set clear expectations and structure, which can help students confidently embrace the day.



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**4. Connect virtually with your friends:** It's important to stay connected to peers in order to meet social-emotional needs while learning from home. Try FaceTiming or texting with a friend before school, during lunch, or after school in order to stay engaged socially.

**5. Stay active:** If students are not involved in a physical co-curricular activity, make sure they go for a long walk, run, or even practice yoga for 30 minutes each day. This movement is not only vital to staying physically fit, but also staying mentally and emotionally healthy. It strengthens immune systems, and will also help combat any anxiety or depression during this season.



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**6. Prioritize mental health:** This school year looks different than previous years, and with these changes can come anxiety, the sense of being overwhelmed, and loneliness. Know that students are not alone, and there are parents, teachers, counselors, and healthcare professionals who are here to partner with and support students every step of the way. If this transition is affecting your student's mental health, make sure to speak up.

**7. Monitor screen time:** Screens are making it possible to learn in new, exciting ways, but too much screen time is shown to have adverse health effects. It's important to put boundaries around phones and laptops, especially first thing in the morning and the moments before bed. Grab a book, go for a walk, or meditate to help detach and unwind from a long day in front of screens. That way when it's time to engage online, students are refreshed and energized to learn again.

**At GAC, we are committed to forward-thinking innovation and to preparing your student for their best possible future.**