



Student Guide to Remote Learning



Stay Organized

- Create a daily schedule/routine ([Middle School Sample](#) / [High School Sample](#))
- Use a time management system like Google Calendar/Tasks/Keep
- Create a quiet learning space in your home that has good internet connection and is free from distractions
- Have any class supplies readily available in your working space



Time to Learn

- Follow your individual scheduled times for classes (Middle School / High School)
- Adhere to the district's [online class expectations](#)
- Be Engaged, Prepared, and Ready to Work



Stay Connected

- Check your [Google Classroom](#) daily
- Check your [Email](#) daily
- Check the [school website](#) for important info
- Collaborate with your peers



Take Care of Yourself

- Managing [Stress](#): Keep your SELF in mind: **S**leep, **E**xercise, **L**eisure, **F**ood
- Monitor Screen Time -Take a tech break each day
Go outside, read a book, draw/paint, journal, call a friend, talk to a family member, or play a game with family

