



SAMPLE WEEKLY SCHEDULE

Secondary (Grades 6-12)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
English	Synchronous Class Lesson (60 min.)	Independent Practice (60 min.)	Independent Practice (60 min.)	Independent Practice (60 min.)	Independent Practice (60 min.)
Social Studies	Independent Practice (60 min.)	Synchronous Class Lesson	Independent Practice (60 min.)	Independent Practice (60 min.)	Independent Practice (60 min.)
Math	Independent Practice (60 min.)	Independent Practice (60 min.)	Synchronous Class Lesson	Independent Practice (60 min.)	Independent Practice (60 min.)
Science	Independent Practice (60 min.)	Independent Practice (60 min.)	Independent Practice (60 min.)	Synchronous Class Lesson	Independent Practice (60 min.)
Elective #1	Independent Practice (60 min.)	Independent Practice (60 min.)	Independent Practice (60 min.)	Independent Practice (60 min.)	Synchronous Class Lesson
Elective #2	Independent Practice (60 min.)	Independent Practice (60 min.)	Independent Practice (60 min.)	Independent Practice (60 min.)	Synchronous Class Lesson
Teacher Office Hours & Intervention Support	Meet with science teacher about project		Meet with art teacher to clarify assignment		Speech mini-lesson (per individualized education plan)

SYNCHRONOUS CLASS LESSON

Live, whole class instruction facilitated by the teacher and happening at a specifically scheduled time during the day.

INDEPENDENT PRACTICE

Assignments, projects, or instructional videos completed at a student-directed, flexible pace.

TEACHER OFFICE HOURS & INTERVENTION SUPPORT

Flexible, personalized support offerings based on student preference and/or identified needs.



SAMPLE DAILY SCHEDULE

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8:30-8:50	Check schedule, get organized for the day	Use planner, checklists, calendar or other preferred organizational tools
8:50-9:50	English	10 min. Asynchronous Lesson 20 min. Independent reading 30 min. Literary analysis paper draft
9:50-10:00	Break	Go for a walk, quick gaming session, have a snack, etc.
10:30-11:30	Math Office Hour Check-in	30 min. 1:1 Teacher meeting 30 min. Independent problem practice
11:30-11:40	Break	Go for a walk, quick gaming session, have a snack, etc.
11:40-12:40	Social Studies	10 min. Asynchronous Lesson 20 min. Meet with research project group 30 min. Create Smithsonian virtual artifact collection & add to Google Slides
12:40-1:20	Lunch & Break	
1:20-2:20	Science	60 min. Live Class Meeting on Zoom
6:00 (if needed)	Overflow	Catch-up on unfinished assignments/review

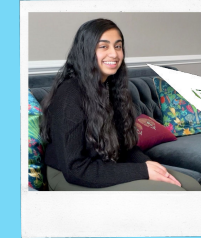
AFTER SCHOOL HOURS

Virtual Campus students have access to all the clubs, sports, and after school enrichment activities through Rochester Community Schools.

PERSONALIZED SCHEDULE

The above is just an example of what a student schedule may look like. Aside from scheduled office hours and class Zoom meetings, families can take advantage of customized programming.

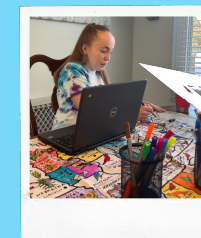
SCHEDULING TIPS FROM VC STUDENTS



Set goals and write them down. Give yourself credit for the things you were able to accomplish. Positivity, self-reassurance and time for hobbies serve as daily motivators.



Balance is really important because sometimes you just need to take a break from screen time & just do something that doesn't require a screen like reading, painting or drawing.



Stay organized by checking if there are any assignments in the morning. Then write those on a whiteboard and do them throughout the day.