

goals and be responsible for their work. These tips can help your middle school-age child succeed at remote learning.

- Let your child make their own schedule
  - Set clear goals
  - Make sure they work in breaks from technology to avoid fatigue and burnout
  - Make room for social time
- Explore the online resources together
  - Review online etiquette and guidelines
  - Surf the web safely and responsibly
- Ditch the smartphone during class
- Stay involved in clubs or extracurricular activities
- Treat online classes like in person classes
  - Help your student understand the importance of attendance
- Encourage your student to ask for help when you need it

### **Secondary**

Teens and parents are still finding themselves having to navigate a new classroom model. The transition from school to home can be a tricky shift. Some have quickly adapted to the distance-learning model, while others have had a harder time with the remote classroom format.

With the continuation of online instruction, being able to successfully adjust to the virtual-learning model can be the difference between making the grade and getting left behind.

Here are some tips that will help high schoolers navigate the remote-learning classroom.

- Consider and set goals for the future
- Get organized and stay organized
  - Make the most of your resources
  - Start on track and stay on track
  - Work in time for exercise and extracurricular clubs
  - Determine subject study plan
  - Minimize distractions and procrastination

- Start investigating different career options
  - Make a difference by volunteering
  - Find a part-time job if possible to connect with others outside of online school and explore different careers
- Avoid fatigue and burnout by taking breaks from technology
- Be positive
  - Celebrate goal completion with your student
- Make the most of your resources
- Know there may be some setbacks and that's okay
  - Work through those and reach out to your school counselor if you need help
- Prepare for your classes in advance and ask teachers for support

Almost three years ago when Covid hit and online learning came with it, people felt unprepared and uncertain. Our goal in this newsletter is to equip you as parents to maximize the benefits of online learning in case you find yourselves in a similar situation. While in-person schooling is the preferred method of instruction, I know these tips will help your student be successful in an online – virtual environment.

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