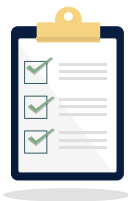


Moving to Online Learning

Tips for Parents and Students



Create a Workspace

Establish a workspace that is conducive to productivity. It should be:

- ◆ Free of clutter, located somewhere that allows for focused work
- ◆ Equipped with pens, pencils, note-books
- ◆ Stocked with a schedule, calendar and to-do list
- ◆ Equipped with a chair and table; learning is best with a laptop – avoid mobile devices and working in bedrooms if possible



Establish Routines

- ◆ Maintain daily wake-up times on weekdays
- ◆ Follow a daily schedule during school hours
- ◆ Outside of school hours:
 - Designate specific times for studying and doing homework
 - Regulate the use of hand-held devices



Practice Accountability and Engagement

- ◆ Regularly check in on your children
- ◆ Have frequent conversations about how the online learning is going
- ◆ Communicate with the school if there are any questions



Support Physical and Emotional Well-Being

- ◆ Set aside time each day for exercise
- ◆ Encourage your child to take walks
- ◆ Check in with your child about difficulties or concerns they might have
- ◆ Talk with support at King's as needed: deans, advisors, counselors and teachers