



Navigating Distance Learning With Your Student

- 1. Add a sense of routine:** With children out of their routine, providing a bit of stability can help improve their ability to focus and get their work done. Make sure your student is sticking to his/her typical bedtime, waking up well before classes start to allow time to shower and eat breakfast, and scheduling breaks to give themselves breathers throughout the day.
- 2. Know your student's schedule:** Know when classes start and end to make sure your student is prepared and engaged during this time. Encourage your student to schedule time to do his/her assignments so that work doesn't pile up at the end of each night.
- 3. Know when teachers are available:** Teachers have communicated their schedules and availability to students for answering questions, clarifying assignments, and providing guidance. Understand that availability and remind your student to reach out to teachers during those times.
- 4. Ask to see your student's assignments:** Teachers may be assigning work via different methods, including Google Classroom, emails, or School Portals. Ask your student how he/she is getting assignments from each teacher, as this may vary class to class, and check in to see how he/she is staying organized.
- 5. Enlist SSP's help:** We know many of you are juggling work, caring for family, and helping your children learn from home all at the same time. Ask for SSP's help to keep your student on track. Reach out to your student's SSP Engagement Manager and Mentor to check in with your student to help keep them motivated and provide more accountability and structure.
- 6. Ask how your student is being graded:** Do they need to participate in class? Are they having points removed if they are late to class? Make sure you and your student understand the rules so that grades don't slip unnecessarily right now. Your student is accountable for his/her work now more than ever, so make sure he/she takes this responsibility seriously.
- 7. Let SSP know if your student needs tutoring:** We are coordinating with volunteers to provide virtual tutoring help for students to make sure they're getting the proper academic guidance during this time. Reach out to your Engagement Manager if your student needs extra help.
- 8. Communicate if your child needs devices or WIFI to do schoolwork:** SSP is working to make sure all students have the technology they need to complete their schooling at home. Let your student's Engagement Manager know if he/she has not been provided with a school-issued device so we can help address the issue.
- 9. Ensure your student is communicating challenges to his/her school:** Schools are being flexible and understanding about challenges that are bound to arise during this difficult time. But your student must proactively communicate if he/she isn't able to attend class for any reason, such as feeling ill, a family member falling ill, needing to move temporarily, or not having the right technology or internet connection to do work.



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- 10. Limit recreational screen time and encourage physical activity:** This period is going to be tough on our sense of well-being. Encourage your student to spend time away from social media and the news to provide more balance in his/her day. Integrate physical activity into the day and review our [Self Care While Practicing Social Distancing](#) for some fun ideas on relieving stress.