



Recommendations for Virtual Learning

1. **Check all communication methods frequently:** To ensure you don't miss assignments and updates, it is important to stay on top of emails, school portal alerts, and text messages from your school. You should be checking these methods of communication throughout each day, including the weekends, to stay updated.
2. **Keep yourself on a schedule:** Set your alarm just as you would if you were going to school in person and make sure you've eaten, cleaned up your space, and have the supplies you need before you're required to start your first class or begin your first assignment.
3. **Put away distractions:** You will have a hard time focusing if your TV is on or your cell phone is out. Turn off any distractions that you know could take your focus away from your schoolwork during school hours and only check your phone during breaks, just like you would in school.
4. **Create a place in your home for work:** Try to find a comfortable spot in your home where you can focus and have enough space to do your work. If you don't have a quiet space available, put on headphones to cover any background noise and stay focused.
5. **Put due dates in your planner or calendar:** You may find it more difficult to juggle the due dates for your assignments since you won't be seeing your teachers each day to remind you. Get into the habit of putting assignment due dates in your planner so that you don't miss any deadlines.
6. **Follow instructions:** Remember that your teachers are spending time to put together clear instructions to help you keep up with your schoolwork during this time. Make sure to review them as soon as you receive them, ask questions when you have them, and schedule enough time to reach out ahead of deadlines.
7. **Understand when your teachers are available and reach out for help:** Just like always, your teachers will be available during certain hours for you to ask questions. But it will be up to you to reach out to them for help. Be sure to do this in a timely manner so that they can respond to you anytime you're confused or need extra assistance.
8. **Stay in touch with SSP:** We understand that this is going to be a big adjustment for you. Your SSP Engagement Manager will be reaching out to you to see how you are handling these changes, so please let them know if you're struggling with any aspect of remote learning or if you don't have the supplies or resources needed to do your work.