



Learning from Home

INFORMATION AND RESOURCES FOR PARENTS WITH STUDENTS
CURRENTLY WORKING FROM HOME

Issues Identified by Students



PROPER WORKING
SPACE AND HOME
DISTRACTIONS



UNMOTIVATED



TIME MANAGEMENT



SLEEP PATTERNS



TYPE OF WORK
ASSIGNED

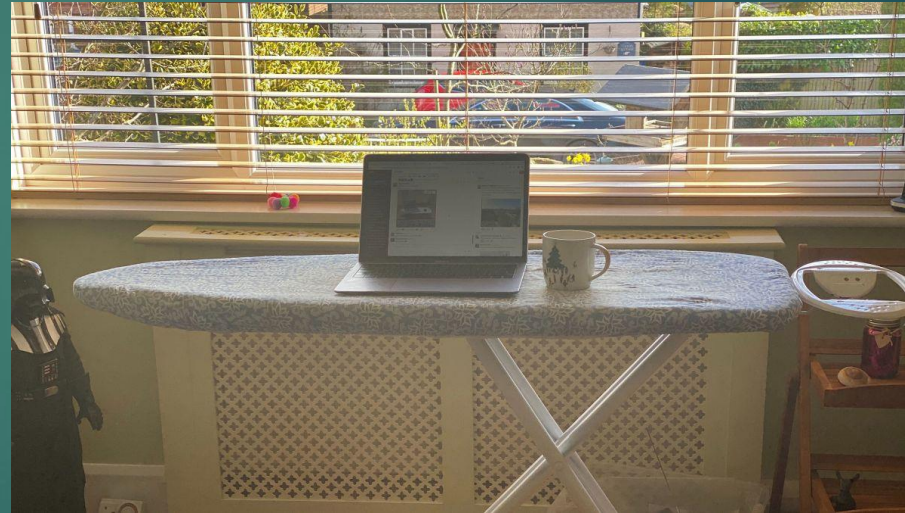


ABILITY TO
CONNECT TO WIFI

Spaces for students working from home

- ▶ Students working from home need a sufficient space to complete their schoolwork
- ▶ Someplace solid where they have a surface for a laptop and place to put a book or notepad
- ▶ Preferably not working from their bed
- ▶ A place where they are not distracted by others
- ▶ A quiet spot within the home

Examples of spaces (get creative and use what you have at home)



If space is an issue some smaller options to try would be a laptop tray or laptop cushion. Even an old TV dinner tray is a great option.

Laptop tray



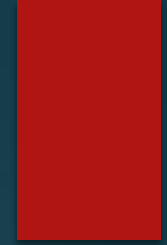
Laptop cushion



Helpful link with examples

- ▶ <https://www.nytimes.com/wirecutter/blog/remote-learning-space-set-up/>





Minimize Noise Distractions

- ▶ Headphones or noise canceling headphones can help with focusing in a busy household.
- ▶ If more than one person is in the home while learning is taking place distractions can rise. Therefore, providing headphones can help with focus and blocking out background noise.

Cell Phone Distraction

Everyone is aware that teens are attached to their phone but to be focused and productive at home they will have to put down their cell phone.

Have your teen turn off push notifications when doing their work to minimize distractions.

Set boundaries with their cell phone use during school hours.

Try setting 1 hour a day where the phone is turned off or placed in a room so they do not have access.

Reassure your teen that they don't have to be connected every minute of the day to their phone.

Parent Cell Phone Resources

- ▶ <https://www.chla.org/blog/rn-remedies/parents-guide-teens-and-cell-phones>
- ▶ <https://parentingteensandtweens.com/tweens-and-teens-cell-phone-addiction/>
- ▶ <https://lptutoring.com/teen-cell-phone-use/>

Is your teen feeling unmotivated?

- ▶ Rest assure you are not alone
- ▶ Teens need to find their intrinsic motivation to complete their work. This will differ for each person.
- ▶ <https://www.washingtonpost.com/news/parenting/wp/2018/08/13/how-to-motivate-older-kids-without-using-rewards-punishment-or-fear-no-really/>

Small things can add motivation

- ▶ Set a reminder/alarm when to check in for class
- ▶ Try goal setting to log on for class for 1 day and build upon
 - ▶ Have goals written in a place they can be seen for reminders
 - ▶ Take a big goal and break it down into steps
 - ▶ Collaborate to set school goals that are attainable and that they truly buy in to. This may mean letting go of some of your expectations and desires, but chances are that it's not **your** wishes that motivate anyway.
- ▶ Go outside and take a 5–10-minute walk to clear head and get fresh air

Different approach to learning content teen doesn't enjoy

- ▶ If you have a teen who sees no value in coursework, then sometimes it's best to put the focus on the **act of learning**, rather than the subject matter and the grades. The goal and focus should be on **learning how to learn** – not just the grade. For instance, even if the subject is not appealing, learning how to master reading complex material, or doing research on a subject, or memorizing certain information, can be related to skills needed to pursue other interests and can become the main challenge.

Time Management Tips

- ▶ Prioritize tasks and activities from largest to smallest
 - ▶ If you go online each day for class, you will get more work done than you think and improve your attendance
- ▶ Control procrastination to not put off big assignments
- ▶ Manage commitments and don't be afraid to say no
- ▶ Set a timer so you are aware of how much time is spent on one assignment

Time Management, use the calendar on phone/tablet

- ▶ Teens need an agenda or calendar
- ▶ All phones have a calendar that teens can use, see video for how to use phone calendar for iphone and android
 - ▶ <https://www.youtube.com/watch?v=6Y2wWXHIkFU>
 - ▶ <https://www.youtube.com/watch?v=nFuCXoBOX6Y>
 - ▶ Can refer to notes from lesson taught in G3 on using the calendar

Time Management Online Resources

- ▶ https://www.huffpost.com/entry/7-time-management-techniq_b_8544898
- ▶ <https://uwaterloo.ca/beyond-ideas/stories/tips-advice/5-time-management-tips-busy-students>
- ▶ <https://www.forbes.com/sites/kevinkruse/2015/11/09/time-management-students/?sh=6ff8f5046a4c>

The issue of sleeping

- ▶ Lack of routine
- ▶ Going to bed late and waking up early
- ▶ Not going to bed/sleep
- ▶ Sleeping until noon
- ▶ Staring at a screen all night

Falling asleep

- ▶ GO TO BED AND WAKE UP AT THE SAME TIME EVERY.SINGLE.DAY.
- ▶ In order to get a night's sleep the phone, tablet, laptop or whatever screen device needs to be shut off. The blue light in the device triggers the mind that it is daylight and that it is not time to sleep and then it is set to stay up and not shut off. Which makes it difficult to fall asleep.

Sleep and Routine

- ▶ Having a consistent routine can help give structure to your life. Patterns can be set as we react the same way or do the same thing in certain situations. Our body can begin to expect and follow such routines. For example, taking time to relax and unwind before bed, and getting up at the same time.

Watch out for any unhelpful habits also, such as lying awake in bed for too long, or catching up on sleep during the day. Try to strengthen the association of your bed and bedroom with sleep by only going to bed when you feel sleepy.

Relax and Sleep

- ▶ It is important to make time to relax and do activities that are enjoyable. This can help to improve your sleep by calming the body and mind. It can also help you to sleep. Without taking the time to unwind, it is easy to feel overwhelmed and stressed.
- ▶ Relaxation can involve doing something that you enjoy, or just being by yourself. Good examples might be reading a book or having a bath. Exercise is also particularly effective at helping us to relax. What you do does not really matter except staying off screens. Try to choose something that you will look forward to and that gives you a break. Doing an activity that you enjoy will also give you less time to spend worrying. Here are a list of activities that might help you to relax.

Online Sleep Resources

- ▶ <https://www.choc.org/wp/wp-content/uploads/2016/04/Sleep-Hygiene-Teen-Handout.pdf>
- ▶ <https://www.choc.org/wp/wp-content/uploads/2016/04/Sleep-Hygiene-Teen-Handout.pdf>
- ▶ Guided Sleep Meditation
- ▶ <https://www.youtube.com/watch?v=aEqIQvczMJQ>
- ▶ <https://www.headspace.com/meditation/sleep>

Assigned Work

- ▶ Use the 10 minute check in effectively by asking questions if you do not understand an assignment
- ▶ Use your time in class effectively by asking for explanations of assignments, online work posted, upcoming projects
- ▶ If you do not ask, the teacher does not know you do not understand
- ▶ The teacher would prefer you ask then sit there and pass in nothing, the teacher is there for you to utilize in the classroom and online before each class

Assigned Work

- ▶ Ask for teacher feedback on assignments in case you could make improvements
- ▶ Be sure to read all information pertaining to work, read the instructions and the article, website or page numbers that you are instructed to look at

Resources for remote learning

- ▶ <https://childmind.org/article/grade-10-12-tips-for-supporting-learning-at-home/>
- ▶ https://www2.gnb.ca/content/gnb/en/departments/education/learning_at_home.html

Internet Connection

- ▶ If you have internet, then you should be logging on daily for your classes
- ▶ If your internet is spotty, you should inform your teacher if this is a reason you are not able to connect for each class
- ▶ The library offers free internet and a quiet place to do work

Use your phone as a hotspot for internet on your laptop

- ▶ On your **smartphone**, go into your general settings.
- ▶ Find your "**Mobile Hotspot**" setting. ...
- ▶ Toggle your **mobile hotspot** to "on." Your **phone** will give you a personal network name and password.
- ▶ On your other **device**, open your WiFi settings.

- ▶ <https://www.youtube.com/watch?v=E-ZEmRNOtaQ>