



Here are some tips to help students become **Successful Remote Learners**

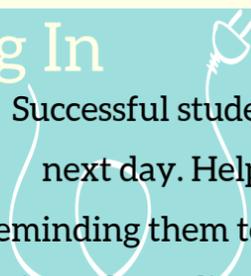
Sleep Schedule

With school moving from remote to in-person it is ideal if students get up and go to bed at the same time every day and night. Even if your student's first class doesn't start until 9am their teachers are available for office hours before school and that is a great time to get work done and/or connect with teachers for additional help. Help your student be successful by making sure they are up at least an hour before the first class starts so they have time to get dressed, eat, do their hygiene routine, and be ready to get to class. The night before a remote school day is still a school night and should be treated as such. Help your student be successful by giving them and reinforcing a regular sleep schedule.

<https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Understanding-Sleep>

Plug In

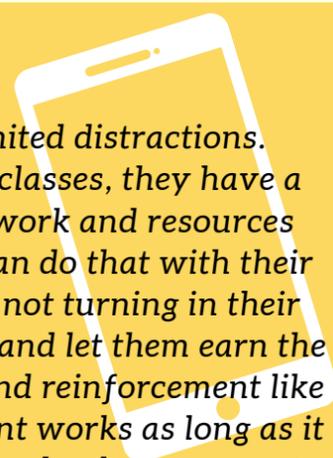
Successful students get everything ready for the next day. Help your student be organized by reminding them to have their Chromebooks plugged in and supplies are ready to go for the next day.



Limit Distractions

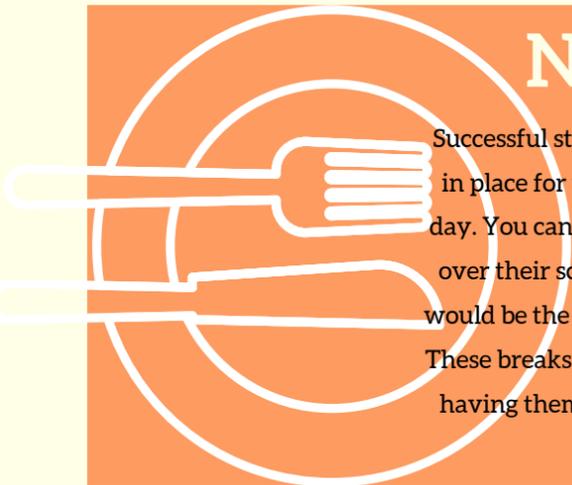
Successful students can either handle distractions or get limited distractions. Students do not need their phones when they are logged onto classes, they have a computer right in front of them and that will have all of the work and resources they need. If your student is doing what they need to do and can do that with their phone near them, great. If your student is commonly off line, not turning in their homework, and not engaging in class you can take their phone and let them earn the right to have it back by showing these behaviors. We have found reinforcement like phone privileges has been very successful but any reinforcement works as long as it works in getting the desired behavior, in this case good remote school engagement.

Other things could be screen time or game time or social time. We don't suggest pulling any time that gets kids outside or exercising as these have been proven to have a positive effect on school success and school engagement.



Nourishment

Successful students typically have a structure set in place for when and what they eat during the day. You can help your student do this by looking over their schedule with them and decide when would be the best time to take a break in their day. These breaks can be to eat lunch or have a snack if having them eat at the end of their day at 1:35 if that works for them.



If your son or daughter seems extremely disengaged or overwhelmed email their counselor

<https://www.cusd200.org/site/Default.aspx?PageID=1821>



Breaks

take breaks, take a walk, get some fresh air



Location Location Location

Successful students have a designated workspace. This workspace is ideally outside of their bedroom but if it is in their bedroom it should not be in their bed. Our brains become primed to work when we sit down to a designated work spot in the same ways our brains are primed to sleep when we get into our beds. Working where we sleep and sleeping where we work confuses our brain and leaves us less ready for work or sleep.

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



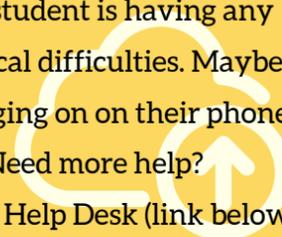
Back Up

Successful students have a back-up plan. Come up with a plan if the wi-fi goes out, if the computer malfunctions, or if your student is having any technical difficulties. Maybe like logging on on their phone.

Need more help?

Ask the Help Desk (link below)

<https://helpdesk.cusd200.org/helpdesk/WebObjects/Helpdesk.woa>



Extra Help

Successful students are independent and can get moving and log on to their classes on their own with no prompting. If your child has not proven to be able to do that they might need someone near them to keep them accountable like a remote teacher. This could be a parent, a grandparent, an aunt, cousin, babysitter, neighbor whoever can get the job done. Teenagers will rebel against this concept but until they are able to be independent they might need this kind of encouragement or constant nudging from another responsible party.

