

# SUCCESSFUL DISTANCE LEARNING

Prepare a spot for distance learning.

- Organize a desk or workspace where you can do school work.
- Make sure this space is a comfortable, quiet place without distractions.

Create a routine.

- Distance learning is not a continuation of Spring Break or a vacation, so create a routine that allows yourself to successfully complete your course work on time.
- Establish a daily routine as that helps you better engage the learning process. Although it may be tempting to remain in your pajamas all day or not wake up until noon, this may be counterproductive for learning. Most students thrive in some form of structure.
- For the first few days, try to practice doing some school work during normal school hours as this helps to form a daily routine. Spend time to plan your day and create a schedule. Consistency is key to success in distance learning.
- Make sure to include breaks in your routine, times when you go for a walk, eat outside, listen to music, etc. This provides your child's brain a needed rest from studying.

Complete assignments on time.

- Work diligently to complete assignments on time.
- Complete all work with integrity and honesty. Distance learning can provide an opportunity to cheat, but this will only hurt you in the long-term as you will miss foundational concepts that will carry forward.
- Communicate with your teachers when you do not understand something.
- Check email and online platforms regularly for announcements, homework assignments, and schedule changes.

Engage in extracurricular and/or exercise activities.

- To balance academics, have your student participate in an extracurricular or exercise activity at least every other day. Students' physical and spiritual health is just as important as their mental health.
- Specials teachers will have activities on their YouTube channels.
- Athletics will post workouts for students on their YouTube channel.
- The Covenant Facebook page will post family-oriented activities every day.
- Remain mindful of your child's stress and/or worry levels. Ms. Trousdale, our Counselor, is available should you or your student need to talk or need guidance.