

tips

for MIDDLE SCHOOL & HIGH SCHOOL



Find a comfortable & QUIET SPACE TO WORK

Make a dedicated work space in your home that will keep you in school-mode. A quiet space where you can stay organized is best. You'll need a desk or table for your device, books, school supplies, and maybe a little plant. :)



Establish a DAILY ROUTINE to support your learning

At school, you have structured routines and schedules. Setting up your own routines at home based on your online learning plans are key to staying focused and accountable for your studies. Write down your schedule on a white board or post it on the wall so it's easily accessible to you and your parents.



COMMUNICATE regularly with YOUR TEACHERS

Teachers will be available via email and through 15 minute video chats. You will also see them live during your synchronous virtual school days. Frequent communication is important so teachers know how to support you.

You need regular off-screen time too! Take a walk, go for a run, draw, or play the guitar. Do something to give your brain a break so it can be ready for more learning. Five to fifteen minute breaks for each our of school work is recommended. Then, after school, make sure to get more off-screen time with your family!

COMPLETE ASSIGNMENTS with integrity and academic honesty

You will be working independently away from your teachers, but we expect the same standards of integrity and academic honesty that we do on campus.



We are all here for you!



Create CHECKLISTS

Whether on a piece of paper or on a white board, keep yourself organized by creating a list of your school work each day. Managing your time is important in independant work.



Check ONLINE COMMUNICATION daily

Just like showing up to school for class, you will need to be actively "showing up" online to complete your work, respond to communication, and be aware of major school updates from the administration.

SUPPORT your friends and classmates

We are all in this together. We are used to being social each day at school. Make sure to check on your friends and classmates virtually to see how they're doing and to encourage one another. Friendship and connection is important now, even from a distance.



SPEAK with adults at home or from school if you need HELP or SUPPORT

You are not alone. If you're struggling or have a question about something, please talk to an adult so we can help. We don't want you feeling isolated. That means your parents, teachers, school counselors. We are all here for you!

Prioritize SELF-CARE

DSA's School Counselors have compiled a list of resources and tools for you. Find them on the Learn-at-Home webpage and in Microsoft Teams.

