



ONLINE LEARNING TIPS FOR STRUGGLING STUDENTS

Consider the following tips and strategies on how to navigate remote learning.



CREATE A WEEKLY CALENDAR

And make it a habit to update it regularly.

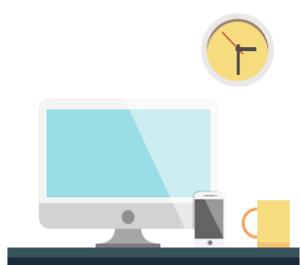
Start each week with clear goals and an agenda. This will give you daily action steps and structure!. Write your due dates down and then work backwards breaking each step into micro actions that won't overwhelm and are doable.



STAY CONNECTED

Communication with teachers and peers is vital to feeling a sense of belonging.

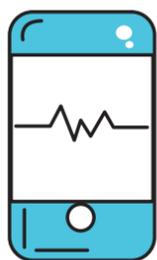
Every teacher has their own unique style and expectations. It is vital to connect early by introducing yourself and letting them know your struggles. Also letting teachers know your plans for staying on top of things. Forming a zoom study group with peers is a great way to stay connected and offers another form of accountability.



FIND YOUR SPACE

Find a place where you will show up every day to learn. This helps alert your brain to your intention and prepare your mind.

A space dedicated for study will help you stay organized and productive. It is important to find a clean, uncluttered space, with minimal distractions. Organize your subjects or classes in folders where daily work can be kept. Remember to go through the folders weekly and toss what you no longer need.



FIND YOUR RHYTHM AND ROUTINE

Learn your flow and make it a habit to stay consistent.

Everyone benefits from a structured schedule, but it is important to find the style that works best for you. If you are someone who hyper focuses and wants to get things done all at once, that is your flow. BUT if you are someone who needs to start and take a break every so often, going strong for four hours non stop will hinder your performance. Rhythm and routines are vital to predictable results. Use alarms with various sounds to cue your mind for starts and stops.



IF YOU NEED HELP PUTTING THESE TIPS INTO PRACTICE, CONTACT US.