Tips for Virtual Day Success

- Create a set schedule/routine for virtual days
    - Set clear expectations and discuss these daily
    - Hold your child accountable for completion of the work
    - Check with your student to make sure they are following the schedule

- Designate a workplace and limit distractions
    - Pick a quiet area in the house
    - Make sure your child has all the necessary materials
    - Help your child set break/reward times. For example, when you complete your math worksheet, you can play 10 minutes of your favorite video game.

- Perform check-ins
    - Have your child show you what they worked on each day
    - Ask what challenges they had
    - Ask what questions they have about their assignments

- Reward successes, including the moments of grit and hard work, regardless of the score on the assignment

- Communicate with teachers
    - Work with teachers to understand expectations
    - Let the teachers know what challenges your child is having
    - Keep a positive solution-focused attitude. Allow your child to vent frustrations about the online learning environment, but steer the conversation toward solutions.
    - Use this as an opportunity to teach your child the importance of self-advocacy (e.g. emailing teachers about questions, seeking answers to questions outside of the classroom) and growth mindset

A **growth mindset** is the idea that success is based on hard work, learning from your mistakes, training/practicing, and not giving up. Some examples are listed below.

Obstacle: "I got distracted"

Strategy: Set a schedule to complete assignments in distance-learning.
Strategy: Make the distance learning schedule a habit.
Strategy: Turn off social media, TV, and other distractions while you're doing your work.

Obstacle: "It's too much work" "It's too hard"

Strategy: Chunk assignments. Break a large task into smaller pieces that are easier to complete.
Strategy: Use positive self-talk. Instead of saying I don't get this, try saying I don't get this yet.
Strategy: Set a small goal and reward yourself with a small break when you have completed it. (For example, when I am finished with the first 10 problems, I will play 10 minutes of my favorite video game.)
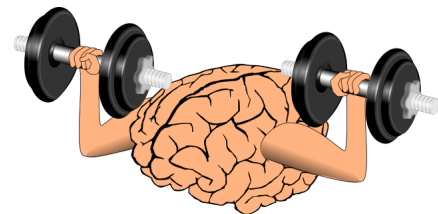
Growth Mindset: What Can I Say to Myself…?

Instead of….	Try thinking….
Virtual learning is too hard.	Virtual learning is different than what I am used to, but I can work hard to complete my assignments.
I don't understand what the teacher wants.	I need to ask the teacher for help.
I want to be in school five days a week.	Even though I don't like the schedule this year, I am still going to try hard in school.
I learn better in school than online.	Learning at home can be hard, but I will do the best I can.
It's just a virtual day. It's not important.	Virtual days are important to my learning.
My parents aren't teachers and they can't help me.	I need to talk with my parents so we can set up a meeting with a teacher for extra help.
This is too stressful	This is stressful, but there are people who can help me work through this.
I'm not good at this!	What am I missing?
This is too hard!	This is going to take time and effort.
I made a mistake...	Mistakes help me learn better!
It's good enough.	Is it really my best work?
I can't make this any better.	I can always improve, so I'll keep trying.
I give up!	Let me try doing it another way.
Plan A didn't work	Let me try plan B
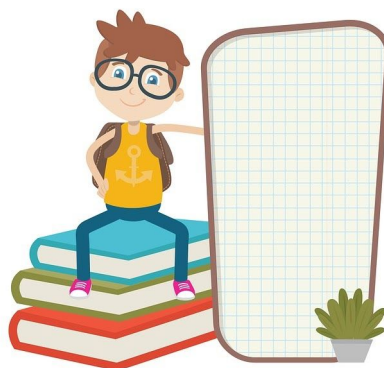
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