

## Tips for Virtual Day Success



- **Keep a positive solution focused attitude** - online learning may not be ideal for any of us, but at the moment, it's the only option.
  - Remember - your behavior and attitude is what will determine your student's behavior and attitude - YOU are the model. If you are upset and frustrated - they will be too. If you acknowledge it's not an ideal situation, but work toward solutions - they will too.
  - While it is okay to be unhappy and vent frustrations, we must focus on building resiliency and grit by working toward solutions.
  - Focusing on the problem, will only lead to more negative thinking, focusing on solutions shifts the thought pattern to overcoming obstacles
  - Let your student know that you will work with their teachers and get through this together
- **Designate a workplace and limit distractions**
  - Pick a quiet area in the house
  - Make sure you are in a place you can focus
    - Usually places with video games, tv's and cell phones are, are not productive environments
    - Wait until a break to engage in the distracting activities
  - Make sure you are prepared for class and have all the necessary materials
- **Have a set schedule/routine**
  - Design a schedule that works for you and your student - and stick to it!
    - Keeps you accountable and on track
    - Shows the importance of prioritizing education
- **Check in with your student**
  - Set clear expectations for the day and follow up daily
  - Ask them what challenges they had and how they overcame them
  - Ask them what questions they still have about their assignments and how they are going to handle it
- **Encourage self advocating - and follow up with your student regarding their effort**
  - Self advocating is a scary process when we haven't done it, support your students effort and help them navigate the process
  - Encourage students to reach out to their teachers and ask questions
  - Encourage students to email their teachers if they have concerns
- **Communicate with teachers**
  - Don't teach - help. Educators will educate, but help us help you by using these guidelines.
  - Check in with your students teachers regularly regarding their progress and grades
    - Work with teachers to understand expectations (Doing this shows your student that you think education is important, it also shows teachers that you are engaged in your student's education)
    - Let the teachers know what challenges you're having (technology, timing, household challenges etc) so they can help you find solutions



## Help Encourage and Develop a Growth Mindset

- The first thing we need to know is that the power of our mindset is more important than our ability
- A growth mindset is the idea that success is based on hard work, learning from your mistakes, training and practicing, and not giving up
- Growth mindset encourages resiliency, grit, and determination - skills essential for success

### **Obstacle: “I got distracted”**

- Strategy: Set a time to do distance-learning or you won’t do it.
- Strategy: Make it a habit and you’ll find things get easier and easier.
- Strategy: Avoid friends and turn off the social media, notifications and other distractions while you’re doing your work

### **Obstacle: “I just don’t understand” “It’s too much work” “It’s too hard”**

- Strategy: Chunk it out. Break a large task into smaller pieces that are easier to do and get your mind wrapped around - if you’re not sure how, ask your teacher
- Strategy #5: If you find yourself stuck, you could restart. Learn from your mistakes and try again.
- Strategy #6: When you are stuck, try adding the word yet. Instead of saying I don’t get this, try saying I don’t get this, yet. And then start wondering what might have to happen in order for you to get it.

<b>Instead of thinking....</b>	<b>Try thinking....</b>
Virtual learning is too hard.	Just because it’s hard, doesn’t mean I can’t try.
I don’t understand what the teacher wants	I need to ask the teacher for clarification
I want to be in school five day a week	Being in school like normal is not an option right now, I will have to rise to meet this challenge
I learn better in school than online.	I can’t use this as an excuse, I need to find a way to do the best I can.
It’s just a virtual day, it’s not important	I need to treat this like a regular day or my grade could slip
My parents aren’t teachers, 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 I can identify some supports and 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

### **Growth Mindset Statements**

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• I can do hard things.</li> <li>• It’s not a mistake, it’s progress</li> <li>• An expert was once a beginner</li> <li>• I am in the process of figuring it out.</li> <li>• Sometimes you win, sometimes you learn</li> <li>• If what I’m doing isn’t working, then what I’m doing has to change</li> <li>• This is tough, but so am I</li> </ul> | <ul style="list-style-type: none"> <li>• Forget the mistake, remember the lesson</li> <li>• I am safe. I am calm. I can handle this.</li> <li>• I control my choices</li> <li>• Patience, perseverance and practice</li> <li>• Keep going until you’re proud</li> <li>• Attitude is everything</li> </ul> |
|--|---|

