

HOW TO BE SUCCESSFUL IN ONLINE LEARNING

<p>SET PERSONAL GOALS</p> <ul style="list-style-type: none"> • Determine that you're going to succeed in your classes, no matter the location. • Develop an action plan to succeed. • Set a goal for what success means to you. Ex. when you are going to do your school work and for how long. • It's ok to chunk your assignments into smaller sections to make them more manageable. • Don't forget your SMART goals! :-) 	<p>GIVE YOURSELF PERMISSION TO STUMBLE</p> <ul style="list-style-type: none"> • Online learning (and teaching!) is pretty new to all of us, so give yourself permission to learn, grow, struggle, and stumble. It's ok! • Give yourself permission to have a few bumps along the way as you figure out the best plan for your online learning. 	<p>FIND A SPACE CONDUCIVE TO LEARNING & AVOID DISTRACTIONS</p> <ul style="list-style-type: none"> • Set up a dedicated space that is free from noise and distractions - as much as it can be • Put your phone in another room or on airplane mode so it doesn't distract you. • Try to avoid "quick checks" on your social media. 	<p>SET A SCHEDULE & MANAGE YOUR TIME</p> <ul style="list-style-type: none"> • Set a schedule and stick with it to keep yourself structured. • Try not to procrastinate! Start your work early and turn everything in ON TIME! • This is a GREAT time to use your <i>agenda!</i> Write down each assignment and when it's due. Check assignments off when you turn them in. • Set a timer to chunk your assignments for each class.
<p>STAY CONNECTED WITH CLASSMATES AND FRIENDS</p> <ul style="list-style-type: none"> • Just because you are learning online doesn't mean you cannot collaborate and study with your classmates! • Staying connected with classmates and friends will help create a sense of "normalcy", help you feel less stressed, and help to keep you motivated. 	<p>REACH OUT TO YOUR TEACHERS & COUNSELOR</p> <ul style="list-style-type: none"> • Even though you are learning online, you still have access to your teachers and counselor. WE are all here to help you succeed! • Attend your teachers' "office hours" to get extra help and support. • Don't be shy about reaching out for help when you need it! 	<p>UTILIZE ONLINE RESOURCES</p> <ul style="list-style-type: none"> • There are lots of extra resources on Google Classroom and on the AACPS web page which you can use for additional help. • Your teachers have shared many online resources. Use them! 	<p>KEEP CALM AND STAY POSITIVE</p> <ul style="list-style-type: none"> • Remember - this online learning situation won't last forever. • Celebrate your small victories or when you reach your goal each day. • If you notice your energy dipping or you're feeling stressed, take a mini break and try stretching or moving around a bit. • Don't forget - teachers and students are ALL learning as we go through this situation!

Developed by D. Hale-Smith, School Counselor 4/3/2020; Adapted from "Five Essential Online Learning Strategies" www.advanced.jhu.edu and "21 Study Tips for Online Class Success" www.goodcolleges.online 6/24/2019