



ESSENTIAL SKILLS FOR ONLINE LEARNING

Students can you?

Parents...

Self Management

I can schedule my time effectively

I can minimise distractions

I can plan short- and long-term assignments and meet deadlines

I know when I am off task and what I need to do to re-focus my attention

I get some fresh air and remember off screen time is important

With your child, ask how they plan their time and schedule activities

Let your child choose their own planning method

Discuss the pros and cons about your child's planning

Allow breaks during learning hours and ensure time for fun activities, fresh air and off screen time



Communication

I know how to get help when I need it

I can use different ways to communicate with my teachers and peers

I regularly ask questions during lessons and check on my learning progress

I am staying connected with my peers, by working together on collaborative tasks

Do not hesitate to communicate with your child's mentor or teacher when you have questions or other concerns or if you feel there is too much/too little learning for your child to do

Encourage your child to stay connected to his peers

Talk to your child about his/her learning process and his/her social/emotional wellbeing, remember to praise the successes of the day even if they were minor

Humour, flexibility and clear and specific communication are keypoints when supporting your teenager with online learning

Perseverance and Self-Motivation

I don't give up when tasks are difficult or technology doesn't work

I think about alternative ways to achieve my learning goals

I can bounce back after adversity, mistakes and failure. Remember you learn from your mistakes 😊

Let your child fail! Let them miss a deadline, submit incomplete activities, and experience the consequences

Be there to debrief and discuss why something might not have worked. Help them to make a plan for the next time

Model how you deal with frustrations- take a break and try again after a walk, a drink of water, a walk with friends

