

### **Choose a Good Place to Learn**

Set up a dedicated work area for your student to learn. Try to choose a place free from distractions. Make sure your student has all of their supplies for the day in their work station. Be aware of what is displaying behind them so when they do have their cameras on it is not embarrassing or distracting.

### **Establish Routines and Expectations**

Establish night and morning routines with your student, so they are ready to join their class on time. Choose when to wake up and go to sleep and stick with it. Also, try to start the day with an energizing breakfast. Another great way to encourage your student to have a routine is to have a calendar or a planner they can visibly see. This way they can see what they have planned for the day and it can look more manageable.

### **Attend DL Support**

Encourage your student to attend DLS. This is the easiest, fastest way for your student to receive support in their classes. You can create a rotating schedule, where your student visits one teacher for DLS per day. DLS is everyday from 9:25 am to 10:10 am.

### **Take Advantage of Tutoring**

There are several tutoring options available for your student. One great option is peer tutoring provided by Burroughs High School Students! Your student can receive support in any subject Monday through Thursday, from 2:15 pm to 3:15 pm. For more information, contact Stephanie Bailey at [sbailey@ssusd.org](mailto:sbailey@ssusd.org).

### **Stay in Touch**

Stay in touch with your student's teachers. It is important to communicate with teachers when things are going on that may be keeping your student from being as successful as possible (ex: internet connection, computer problems, death in the family, etc.) Teachers are more willing to work with your student if they are showing effort.

### **Tackle One Class at a Time**

If your student is struggling and doesn't know where to start, encourage them to choose their favorite class and start working there. Have your student put their energy into completing the assignments that are due right now and work their way up from there or talk with the teachers and see what they suggest.

### **Work on Big Ticket Items**

Certain assignments carry more weight than others. Have your student work on those first and finish the smaller ones after. The big ticket items have a greater impact on the overall grade and should be given more attention.

### **Set a Work Timer**

Set a visual timer for your student so they know that the work period is not infinite. You may need to start with smaller amounts of time like 15 or 30 minutes. Each student will have their own limit.

### **Give Yourself and Your Student a Break**

Things are hard right now and it is okay to feel that way. This has been a challenging experience for everyone and we are all trying to do our best. Your student needs breaks too! Encourage them to manage their time with some fun activities they enjoy doing as well. Don't just focus on the activities they have to do.

### **Give Them Something to Work For**

Sometimes receiving a good grade is not enough. In today's culture, we need a reward that is immediate. So be creative and think of ways you can motivate your student to want to do an assignment. For example, if they finish one math assignment they can play their video game for 45 minutes.

### **Stay Engaged**

Student engagement is directly linked to better grade performance. Encourage your student to turn on their camera when appropriate and respond to questions in class. Students should get involved in class discussions and show up to class on time and stay until the teacher excuses them. It is also critical that your student does their classwork during the allotted class time. They will have significantly fewer missing assignments if they use class time wisely.

### **Ask About PBIS Rewards**

Your student can earn points that can be redeemed for prizes for meeting our distance learning behavior expectations. Points can be earned for being respectful, responsible, and connected. Example behaviors include: having cameras on, participating in chat, asking questions, turning in work on time, showing up to Zoom meetings on time, attending DL Support, and responding to requests from the teacher. Ask your child about PBIS Rewards.

### **Review Your Student's Assignments**

Teachers often provide extensive feedback on student work. Some provide multiple opportunities to review and resubmit assignments. If your student is given the opportunity to improve their grade on an assignment, encourage them to take advantage of it. The notes are there to help!

### **Create a Canvas Parent Account and Monitor Your Student's Progress and Grades**

You will need a Pairing Code from your student before you can complete the account creation steps below. This is the preferred method as this code from your student will allow you to have access to all of your student's courses.

1. Have your student login to their Canvas Account.
2. Click on Account, then Settings, then Pair with Observer.
3. This will display a Pairing Code. Please write down or copy this code for the next step.

Go to: <https://ssusd.instructure.com/login/canvas>

Click on *"Parent of a Canvas User? Click Here For an Account"*

4. Enter in your Name and Email address and create a password for the account.
  5. Enter in the Student Pairing Code from Step 1(3.) above.
  6. Click Start Participating.
- ★ You should now see the Canvas Dashboard as a parent and will see any courses your student is enrolled in.

### **Address Mental Health Concerns for You and Your Student**

We are living during some very difficult and uncharted times right now and we know that distance learning, COVID-19, financial hardships, loss and grief are just a few hardships families are faced with. With all that is going on, take a minute to assess for potential mental health needs. Depression and anxiety have been on the rise. Taking the time to relieve stress, address sadness, or confronting anxiety will help both you and your student feel better and more ready to deal with life's ups and downs. Reaching out to your School Counselor can be a great first step in helping your student if you aren't sure where to start. Your School Counselor can also provide you with local resources to help your student and your family through these hard times.