

E-Learning tips for parents and students



1. Does your child already have a special place to do homework? It's important to set up a quiet, clutter-free area.

2. Make a schedule and stick to it.

We are creatures of habit. With no school bell to mark kids tardy, they might feel like sleeping in. With no set schedule, kids might never get around to schoolwork. Finding time for learning requires planning. Take a look at your family's schedule and figure out the best times for learning. Print out the schedule and post it in their work center.

3. Reduce distractions.

Video games, computer games, social media, TV, toys, pets—our homes have lots of distractions. Make a list of the things that distract your child. Then, find ways to limit them during learning time.

4. Use a calendar and color-code it.

deadlines. This will help your child stay organized. Post a calendar and mark it with due dates. You can also use color-coding for tasks. For example, use a red pen for reading and a blue pen for math.

5. Get plenty of exercise.

Exercise helps us think better. When we move and groove, our problem-solving, memory, and attention improve. Physical activity is a natural way to reduce stress and prevent anxiety.

6. See which accessibility features help your child.

Most phones, laptops, and other mobile devices have built-in assistive technology. For example, read aloud or text-to-speech can help struggling readers, and speech-to-text can help struggling writers

7. Reach out to your child's teacher. Teachers all have office hours and student/parent can call the school if they need academic support while at home.

