

# Distance Learning Checklist

## Grades 7-12

Here are the distance learning expectations for students:

- Participate in weekly 2-way communication with teachers
- Read feedback and reply as appropriate
- Check Schoology and email on a regular basis for important information and dates
- Complete weekly learning opportunities (readings, assignments, activities, etc.)
- Utilize teacher office hours as needed

### Tips for being successful:

1. Establish a learning environment that is as free from distractions and comfortable as possible.
2. Limit use of social media while engaging in learning opportunities.
3. Avoid multitasking during work time.
4. Establish a routine and stick to it.
5. Be sure to schedule self-care breaks (lunch, snacks, breathing, etc.)

