5 Things Parents Can No to Support Students Learning Buline

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### **1. BUILD A SCHEDULE**

Students participating in e-learning need to build their own routines and effectively manage their time in order to stay on track. Parents can start by sitting down with their student and intentionally discussing what he or she is responsible for accomplishing in their online course work on a daily or weekly basis, how much time those tasks will realistically take.

Bring your child's teacher(s) into the conversation too—teachers can offer valuable insight into the curriculum, their own expectations, and how time will need to be budgeted. Once you've talked through everything on your child's plate, help him or her write out a weekly schedule with designated work time for online courses. Be sure to hang up the schedule in a noticeable place, like on the refrigerator or next to any other family master calendars, to help keep your child accountable and establish an effective routine.

#### 2. MODEL HARD WORK AND PERSISTENCE

Talking to your child about your own work and goals is a great place to start. Tell him or her about difficult projects you're working on, new skills you're trying to master, and challenges you've faced. For instance, do you have a big presentation coming up at work? Tell your child about the extra time you're putting in to prepare. Are you in the process of taking up a new hobby? Tell your child about how you've had to try and fail. Take time to sit down with him or her while he or she is working on online coursework to tackle some projects of your own. These don't have to be big talks or perfect examples (and don't expect to hold your child's rapt attention), but demonstrating your own hard work and motivated attitude will help your child take a similar approach while learning online.

### **3. SET UP A DESIGNATED WORKSPACE**

The right workspace makes a huge difference in students' mindset and ability to focus. When participating in e-learning, students have the ability to complete their work where they want, so it's important to put thought into what kind of environment is truly most effective for them and make sure that they have a designated space at home. Think about your child's personality and needs as a starting point to create a workspace tailored to him or her, and be sure to have a direct conversation with your child about where and how he or she will be most comfortable completing online coursework. If your child thrives on quiet, make sure that he or she has a desk and comfortable chair in the room. If he or she needs a little more interaction and hands-on accountability, a desk or table in the living room or kitchen may be a better option. No matter what the workspace looks like, be sure that your child has easy access to the materials and supplies that he or she will need to be efficient, like good headphones; a wireless mouse if he or she will be working on a laptop; and plenty of notepaper, pens, and other office basics.

## 4. GET TO KNOW THE ONLINE LEARNING PLATFORM

E-learning means that students spend their school days immersed in an online program. For parents, taking the time to get familiar with what those platforms looks like, how your child is using them, and what resources are available are some of the best ways you can offer support.Start by exploring any orientation resources provided by the school.

## 5. STAY IN COMMUNICATION WITH YOUR STUDENT'S TEACHERS

Be sure that you are aware of what the expectations are for your child, and proactively reach out to their instructors as questions or concerns arise. Don't forget to share successes as well! When you see your child reaching goals, making productive changes, or hitting important milestones, tell the teacher about it—it's guaranteed that your child will appreciate the positive feedback coming from multiple angles.

# IF YOU NEED ANY SUPPORT, DO NOT HESITATE TO CONTACT THE STUDENT SUPPORT DEPARTMENT

"We can not expect things to change if we keep doing the same things." The crisis is the greatest blessing for people and nations, because the crisis brings progress" -A.Einstein-