

Counselling Connection

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Learning from Home

Using Technology

The shift to learning at home has brought on some new challenges. We encourage parents to reach out to the school if children do not have adequate technology or have trouble accessing the learning online. Using applications like Google Classroom or D2L take practice and patience. It is important students attend video sessions offered by teachers to ensure they remain connected to the learning and their peers.



Click [here](#) for link to helpful parenting strategies while facilitating at home learning.



Strategies

To Support your Child

- Have a routine and set expectations
- Make sure your child has a space to work in
- Provide a level of supervision suitable to your child's individual needs
- Monitor communications from teachers
- Check in with your child often to help them manage and pace their work
- Monitor how much time your child is spending online
- Encourage physical activity breaks

Apps for teens

Organization and Developing Routines

Evernote. Teens can use this visual productivity tool to develop organizational skills as they see how keeping track of information -- everything with a place and everything in its place -- makes learning and living easier.

Remember The Milk. This task-organizing app can help all kids who need visual reminders to remember daily tasks.

Corkulous. This app allows you to collect, organize, and share your ideas. As teens gather information and organize it, they're making decisions and grouping photos, text, contacts, and more according to their own needs.

Plan it do it Check it Off. This photo-based list maker for nonreaders uses your own photos and recordings to show what you have to do daily.

Any.do: To-Do List, Calendar, Reminders & Tasks. A robust organizer that keeps everything on schedule.

Habitica: Gamified Task Manager. Turns habit-building, habit-breaking, and productivity into a gaming experience.

Streaks. A habit-promoting, goal-tracking app that challenges users to achieve a "streak" of daily actions by tracking the number of consecutive days completed.

Parents Keep in Mind

You do not need to replicate "school" especially if this is causing stress for you and/or your children

You are not teachers, you are parents – don't put pressure on yourself

The well-being of you and your family is the most important factor right now

Learning happens everywhere – not just at a desk or table

Learning happens through inquiry and play – your everyday activities (cooking, laundry, etc) can be great learning opportunities

Focus on supporting skills that are key to children's future success such as:

Creativity – using their imagination, asking questions, problem-solving, sticking with a problem;

Communication skills – sharing ideas, listening to others, asking questions;

Healthy living – physical and mental health



10 Tips for Digital Learning

Home learning during COVID-19

<https://www.metroparent.com/daily/education/homeschooling/tips-for-digital-at-home-learning/>