



## Tips for Engaging in Remote Learning - Students

**To ensure you can reach your full potential in a time of Remote Learning there are a few things you need to do:**

- Create a weekly study plan/timetable, include breaks and self-time
- Work through the online subject content and seek help when you need it (there is no need to race ahead)
- Attend all of your online tutorials
- Check you emails and reply to your teachers, Pathways teachers when they contact you
- Make a list of your assessments and Essential Learning Task due dates – even if you have never used a diary or planner now is the time to start. It will be easy to fall behind if you don't keep working regularly and stick to a plan
- Get help if you are struggling – Everyone is still here to help you

### **Look after yourself**

- Alternate between standing and sitting
- Take regular breaks like a “normal” school day
- Have water nearby your work area and snack healthy
- Stay connected to your friends and family
- Exercise daily

### **When engaging online video platforms – Tutorial or meeting where others can see you**

#### **Ensure that you are dressed appropriately**

- Be fully clothed - Pants on 😊 . The MSC dress code still applies

#### **Help people see you and protect your privacy**

- Take down photos and posters, etc. that may be personal that you do not want to share or may be considered offensive
- Make sure lights don't cause discomfort e.g.: no bright window light behind you and raise the laptop to eye level if possible or tilt screen
- Know how to turn webcam off and on, regularly mute and turn off the webcam to take care of personal dealings

#### **Audio needs to be clear**

- Know how to mute and unmute microphone
- Choose a quiet room if possible or mute your mic, use a headset with microphone if you have one but it's not necessary

#### **Have a plan for others in the vicinity**

- Make sure all people in your vicinity (e.g. your house) know when you are streaming and what they should or shouldn't do - e.g. walk in the room in their undies
- If you have other children or noisy people in your house with you, ensure you mute your mic so others can't hear them but try to find somewhere quite.