

Managing/ Balancing School and your life in a Pandemic

Tiffany N. Davis Ed.S.
School Psychologist
Gwinnett County Public Schools

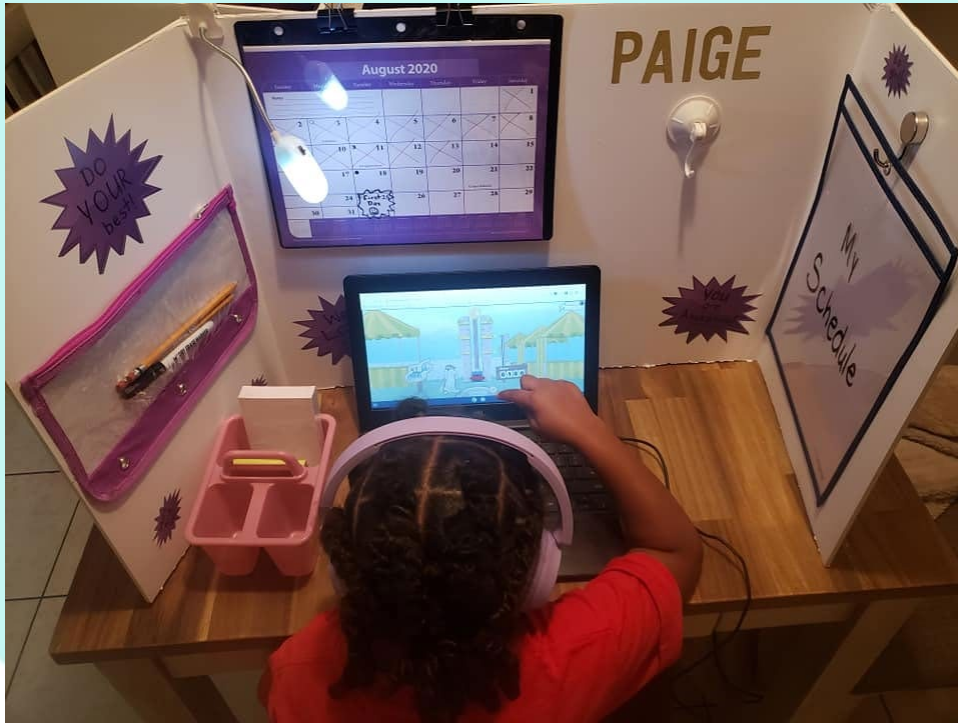


Setting Up Your Learning Space at Home

- Choose a location based on your child's learning preferences.
- Eliminate distractions.
- Make it comfortable—but not too comfortable.
- Ensure the learning space has good lighting.
- Have all of your child's supplies—pencils, paper, calculators, for example—easily accessible in their learning space.
- Encourage your child to personalize their learning space by adding decorations, artwork, or anything else that might help them to stay motivated and be inspired.
- If possible, the learning space should only be used for learning; this includes attending classes, doing homework, studying, for example.



Setting Up Your Learning Space at Home



Strategies to motivate your students at home

- Set routines (ex. Morning routines)
- Use digital organizers (calendar, planner)
- Set up breaks into their daily schedule as well
- Set-up a digital learning agreement with you child
- Display your child's work around the house
- Give them verbal praise on a specific assignment

▪ Reference: <https://www.common sense.org/education/articles/parent-tips-and-tricks-for-distance-learning>



What to do when things get frustrating

- Make room for well being
- Get Help when you need it
- Use movement and humor



References

<https://www.khanacademy.org/khan-for-educators/resources/parents-mentors-1/khan-academy-accounts/a/seven-tips-for-setting-up-a-productive-learning-space-at-home>

<https://www.common sense.org/education/articles/parent-tips-and-tricks-for-distance-learning>

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/covid-19-resource-center/crisis-and-mental-health-resources/coping-with-the-covid-19-crisis-the-importance-of-care-for-caregivers%E2%80%94tips-for-parents-and-teachers>

