

Distance Learning Strategies for Students

Five Guidelines to Support Distance Learning

Recognizing that this type of learning is new for many of you and that each situation is unique, this document provides guidelines to support you with distance learning. The transition to distance learning will not be simple or easy, and will require all of us to rethink what learning looks like. The five guidelines provided below are intended to help you with this shift.

- 1 Routines**
Set routines for distance learning (e.g., times of day dedicated to learning). This can take some planning at first while new schedules are being worked out. Identify a comfortable, quiet space in your home where you can work effectively and successfully.
- 2 Balance**
Maintain a balance of activities including learning, quiet time, family time and time for physical activity. Teachers will be including ideas to support you with this.
- 3 Communication**
Email: Use [this link](#) to access your school email. Your username and password are the same as when you log onto any SCDSB computer. If you have not set up your email account, use [this link](#).
Digital Classroom: Use your @scdsb.on.ca account to regularly access and monitor online platforms as shared by your teacher to check for announcements and feedback.
Appropriate Use: Follow the [Appropriate Use](#) guidelines, including expectations for online etiquette. Remember to communicate with your teachers if you require additional support or cannot meet deadlines. Collaborate with and support your classmates in their learning using sites or tools deemed appropriate by the classroom teacher.
- 4 Well-Being**
Take time to talk through how you're feeling with a trusted adult or a close friend.
- 5 You got this!**
Do your best to meet timelines, commitments, and due dates, and complete assignments to the best of your ability and with academic integrity.

For questions about...	Contact
A course, assignment, resource or technology related issue	Your classroom teacher who can address your question or direct you to the appropriate person.
A personal, academic or social-emotional concern	Reach out to a trusted adult, including family members or school staff. Kids Help Phone 1-800-668-6868, text CONNECT to 686868 or visit https://kidshelpphone.ca/