

Tips for Remote Learning @ St. Mark's

From Academic Support

Set Up a Work Space

- Gather what you need to do your work into one place
- Eliminate distractions like pets, noise, or social media sites (try a blocking app such as Cold Turkey)
- If possible, try not to work on your bed



Do Some Advance Planning

- On Sunday evenings, check Canvas and use the [Academic Planner - Standard](#) or the [Academic Planner- Color Block](#) to plan out your coursework for the week.
- Be specific about what you want to accomplish each day (e.g., 'finish Odyssey Book I', rather than 'do English')

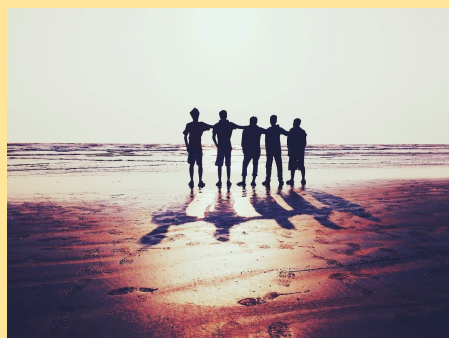


Structure Your Days

- Get up at the same time on school days
- Do your coursework according to the daily Color Block schedule (adjust for time zones). Make yourself a daily plan by color block.
- Make time for brain breaks, exercise and rewards for jobs well done



Reach Out: Even When Remote, Lions are Part of the Pride!



Remote learning requires proactive communication

- Confused? Lacking motivation? Reach out to your advisor or teacher.
- Attend Office Hours with Mrs. Eslick
- Email a school counselor to set up an appointment
- Connect with your classmates for coursework collaboration or some virtual socializing

Questions?

**Come to Ms. Eslick's Weekly Office Hours
or email saraheslick@stmarksschool.org**



