



# O.R.E.O Self-Regulated Online Learner

## Objective      Responsibility      Expectation      Organization

### What are the non negotiables?



#### Work Ethically

#### Know Success Criteria

#### Establish Expectations

- I **always** follow the principles and guidelines of academic integrity while I work. I **already know** the answer to "do we have to cite this?" is **YES** :)

- Before I tackle my learning, I know what the key **success criteria** are in completing my task(s).

- I know **why** I am doing this work and what I am expected to **accomplish** during this session of my learning.

### Where do I begin?



#### Gain an Overview of the Day

#### Identify Confusion - and Do Something About It!

#### Prioritize Learning and Be Flexible

- I log in ManageBac every morning and read through the subject specific **objectives** and **instructions** posted to gain an overview of the day.

- I write down instructions that I am unsure about, then **ask my peers and my teachers** for clarification. I know I will get a response from my teacher during daily office hours.

- Before making my daily schedule, **I think about my learning** - my understanding of each subject. I also consider when I learn different things **best**. I revise my schedule as needed.

#### Create a Daily Schedule to Be Organized

#### Create a Checklist to Take Action

#### Communicate Effectively

#### Make Commitments

- I **structure my day** by creating a schedule and **specify the length of time** to complete subject specific tasks.

- I use a checklist to help **monitor my progress** and motivate myself to complete tasks.

- I read instructions carefully.
- I ask clarifying questions when needed.
- I contact my teacher **proactively** if there are obstacles to my progress.

- I make a **commitment** to complete the tasks with my highest level of effort, and submit my work on time. I know no one is perfect but I will do my best!

### What helps and hinders my home learning?



#### Identify Distractions

#### Seek Help

#### Learn with Others

- I identify and **write down distractions** that make it hard for me to work productively. Then I make a plan for either avoiding or scheduling them for later.

- I take breaks to assess **how I feel** and **what I need**. I know I can ask an adult or contact our school counselor when I feel too anxious or stressed.

- I **seek out partners** or form a small team to learn together online. Whenever I can, I provide help to others and help everyone use technology effectively.

#### Construct and Demonstrate Knowledge

#### Connect with Others

#### Manage My State of Mind

- I actively participate in online activities and **engage** with tasks to construct and demonstrate knowledge.
- I seek **feedback** from others and then use it to improve.

- I create **social time** and connect with others, e.g. texting my friend, having a zoom video conferencing with my class..

- I take a break from my online learning and relax.
- I practice **positive talk**.
- I write down 2-3 things I **feel grateful** for today in my gratitude journal.

### How did my day go?



#### Reflect on my Day

- I **reflect** on what I have learned, new ideas I have developed, how I feel, and questions I still have.
- I **analyze** what went well and what didn't go well in today's online learning.

### What are some Chrome extensions can help promote my productivity?

[Google Keep](#)

[Momentum](#)

[Prioritab](#)

Explore and then decide one that suits you.  
Download the extension from [Chrome Web Store](#)