

Transitioning to Virtual Learning

By: Nease School Counselors



Step one: Relax, we are all in this together!

- Your teachers, counselors, parents, and administrators are all trying to figure out a new system of learning, working, and living.
- It is okay to be nervous about the future and uncertain about all the changes taking place.

Breathe...
RELAX
...Let Go





Step 2: Creating YOUR Home Learning Environment

- Find a space to work where the least distractions occur.
- Use headphones/earbuds to limit outside sounds.
- Create your schedule/ calendar for due dates and assignments details.
 - There are great ideas/ resources for this in NHS's Panther Press and on the Guidance website!
- Take breaks!
 - Try taking a walk, meditating, or doing a short workout to reset and re-focus.
 - Ask for help when needed-- contact your teachers with questions/concerns/clarification.
 - Plan your time for social media and stick to it!
 - If you plan when you will use your social media, then you won't be distracted throughout your daily worktime.

Step 3: Setting Up your Virtual Learning “Toolbox”

- **A Good Planner/ Calendar:** Organize your assignments using a planner or planner app. (See suggestions on the next page.)
- **Email:** Make sure you have one, centralized school appropriate email to stay in touch with teachers, counselors and other adults. Check your email daily!
- **Schoology:** Schoology is the hub of all online learning. Be sure to join each of your teachers' courses, and your school counselor's group!
- **Telephone:** Teachers and counselors can be available by phone if needed -- reach out directly to ask questions when you are unsure of an assignment or need help in other ways.



Sample Planner Template

Located on the NHS Guidance Website



Weekly Schedule					
	Week of _____				
	Monday	Tuesday	Wednesday	Thursday	Friday
1st Period					
Assignments/ Conferences					
2nd Period					
Assignments/ Conferences					
3rd Period					
Assignments/ Conferences					
4th Period					
Assignments/ Conferences					
5th Period					
Assignments/ Conferences					
6th Period					
Assignments/ Conferences					
7th Period					

FREE Planner Apps For IOS or Android



Easy Study- Planner, timer



Class Up- Schedule



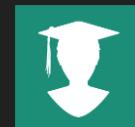
myHomework Student Planner



iStudiez- Pro Legendary Planner



TimeTable ++ Student Schedule



MyStudylife- (Can be used as an app or on a PC.)



Smart Study Plan

Where can I get more help?



Start with Schoology-
- [Nease Links for
Students](#)

instructional videos,
additional reading
materials, and other
resources on
Schoology. Go first to



Need additional STEM instruction? Try
these [apps that assist with Math and
Science Tutoring](#)



Additional help across almost any
subject is available free of charge at
[Khan Academy](#)



Utilize your contacts! Don't be afraid to
reach out for help and take advantage
of teacher and counselor office hours.

How else is COVID affecting my education?

- **ACT Updates:**
<https://www.act.org/content/act/en/covid-19.html>
- <https://apcentral.collegeboard.org/about-ap/news-changes/coronavirus-update>
- <https://www.nacacnet.org/news-publications/newsroom/college-admission-status-coronavirus/>
- <https://appsupport.commonapp.org/applicantsupport/article/Message-from-Common-App-regarding-the-coronavirus>
- <https://www.ibo.org/news/news-about-the-ib/may-2020-examinations-will-no-longer-be-held/>
- <https://pages.collegeboard.org/natural-disasters>

**Remember:
“socially distant”
doesn’t mean
alone!**

- Reach out to your friends, family, teachers, counselors— We are here for you, and we want to hear from you.

