

Tips for Online Learning

As a result of school closures caused by COVID-19, students across the globe are suddenly, and unexpectedly, finding themselves in the world of online learning. Although it sounds simple—sit in front of a computer and absorb the information—the transition from a classroom to an online setting can be a challenging one.

Clonlara School supports more than 1,000 homeschool and distance learners every year. We have learned a few tips and tricks about online learning along the way, and we are happy to share them with you.

Develop clear expectations for your student

Make sure your child knows what time you expect them to be out of bed each day, how many hours they need to be logged in to courses, and how they will manage their time. **Discuss these details** before the online learning starts.

Limit distractions

The biggest challenge of online learning is the wide world of distractions available at your student's fingertips. It is tempting to check social media, play a video game, or do some online shopping instead of online coursework. Consider setting a timer or downloading an app like Flipd to help your student stay focused.

Plan frequent breaks

For students who are accustomed to learning in a more dynamic setting, being quiet in front of a computer can be difficult. Plan regular breaks for movement, fresh air, conversation, physical work, and **play**.

Check in regularly

Do not assume that because your child is logging in and spending time at the computer, things are going smoothly. Ask them about their learning, if they are meeting deadlines, and if they understand the material. Catching problems early is so important.

Encourage tangents

As events and gatherings are canceled, your student will have an unprecedented amount of free time. This is a perfect time to dive into an area of interest. Extending their learning with documentaries, books, and projects will help keep them engaged and curious.

Establish healthy habits

It's important for your student to prioritize their physical and mental health during this unusual time. Talk about choosing healthy snacks, **getting plenty of sleep**, and taking time for mindfulness and relaxation. This is a great opportunity for your student to learn to manage their own health and wellness.

Clonlara School serves K–12 students around world through its Campus, Off-Campus, and Online Programs. Visit www.clonlara.org to learn more.

