



Distance Learning Tips Parents/Guardians

Use these helpful tips as you navigate distance learning with **Savvas High School Social Studies** .

- 1** *Designate a Learning Space*
Set up a dedicated learning space for your child. Minimize distractions, gather needed supplies, and ensure you have a reliable Internet connection.
- 2** *Establish a Daily Routine*
Create a daily routine with a consistent wake-up time and learning schedule. Wake up...shower...eat breakfast...go to school! Don't teach—help your child understand.
- 3** *Set Clear Learning Expectations*
Help your child develop good habits from the start. Encourage your child to be a self-directed learner by creating a weekly "to-do" list to track progress. This will help your child own his or her learning and instill a sense of accomplishment.
- 4** *Frequent Check-Ins*
Check in with your child on a regular basis. Ask questions about assignments to track his or her progress. Acknowledge any anxieties and fears and encourage communication. Access resources on [mySavvasTraining.com](https://www.savvas.com/mySavvasTraining.com) to learn more about *Savvas High School Social Studies* programs to support your child.
- 5** *Communicate with Teachers*
Reach out to your child's teachers about distance learning expectations. Ask for assistance and clarifications. Teachers are there for you, too! Use your child's [Savvas Realize™](https://www.savvas.com/SavvasRealize) log-in to see *Savvas High School Social Studies* program content and assignments.
- 6** *Take a Break*
Encourage your child to take breaks between assignments. Have your child use breaks in the day to stretch, hydrate, and exercise. Ask your child to explore something he or she is passionate about. Movement and brain breaks increase motivation and work quality!
- 7** *Practice Mindfulness*
When emotions run high, have your child take a mindful moment by closing his or her eyes and taking a few deep breaths. Be patient. Encourage your child to share his or her feelings. Allow time for you and your child to adjust to the new learning format.