

# ESSENTIAL SKILLS FOR ONLINE LEARNING

*Students, can you...?*

## SELF-REGULATION

*Help from parents*

- I can schedule my time effectively
- I can minimize distractions
- I know when I am off task and what I need to do to re-focus my attention

- With your child, ask how they plan their time and schedule activities
- Discuss the pros and cons of different planning tools
- Let your child choose their own planning method

## COMMUNICATION

- I know how to get help when I need it
- I can use different ways to communicate with my teachers and peers
- I regularly ask questions and check on my learning progress

- Communicate with teachers when you don't understand something or you feel there is too much/too little learning for your child to do
- Be clear and specific in your communications and if possible, offer a solution to a problem

## PERSISTENCE

- I don't give up when tasks are difficult or technology doesn't work
- I think about alternative ways to achieve my learning goals

- Let your child fail! Let them miss a deadline, submit incomplete activities, and experience the consequences
- Be there to de-brief and discuss why something might not have worked. Help them make a plan for the next time
- Model how you deal with frustrations – take a break and try again after a walk, drink of water, time out with friends.



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