FAMILY GUIDE TO DISTANCE LEARNING

Flexible Schedule

Morning Routine
Start your day as you normally do: brush your teeth, make your bed, get dressed, eat breakfast.

Schoolwork
Access your advisor’s online platform for assignments. Set pacing goals. What will you complete each day? How long will it take? Dedicate a specific time for learning each day.

Creative Time
Draw, color, paint, journal, play music, choose from advisor suggestions, or any creative activity of your choice.

Physical Activity
Take a walk, ride your bike, skateboard, play outside, choose from teacher suggestions or any activity you choose.

Life Skills
Help with chores like cooking, cleaning, laundry, or organizing. Socialize online with friends.

Family Time
Share meals, talk about your day, watch a movie, play a game.

Remote Learning Cycle

Check your Advisor’s online platform for assignments and activities.

Work on assignments and activities. Email your Advisor with questions.

Take breaks, wash your hands, drink water, take a walk or exercise, do something creative, play a game.

Submit your assignments to your advisors when they are completed.

Turn off and put away computers, video games, or other electronics and spend time with your family.

Online Manners Matter! Remember to follow the NETIQUETTE guidelines for interacting with others in a considerate way during the Distance Learning Program. How you say it is as important as what you say. We value respect for our Aveson community and beyond. We’re in this together!