

Remote Learning Tips for Students from Ms. Lotts, JZMS Guidance Counselor

Here are some ideas to help increase attendance, participation, and keep your grades up:

1. Have a regular routine and daily schedule. Write it out. Plan a time for schoolwork, chores, and things you enjoy.
2. Set an alarm before the beginning of each class to alert students it is time for class.
3. Have a designated area for your computer and school supplies.
4. During zoom, and when working on assignments, minimize distractions by getting out of bed, turning off the TV, silence the phone, and eliminate as many interruptions as possible.
4. Stay organized by writing assignments and due dates on a calendar.
5. Maintain a well-balanced diet, get the required amount of sleep (but not too much), exercise, limit the amount of screen time, and get fresh air.
6. If you are confused about an assignment, have a question or have trouble logging in, email your teachers or send them a private message on zoom.