# HOW TO MAKE THE MOST FROM ONLINE LEARNING?

#### SET UP A LEARNING SPACE

Place time into making your learning space work for you.

You want your space to:

- Feel professional
- Be functional
- Be you.



#### NUTRITION

Making a few conscious choices about your nutrition can help ensure your feeling your best when working from home.

- Stick to set meals & snacks ie. breakfast, morning snack, lunch, afternoon snack & dinner.
- Fill up two water bottles each morning & ensure you finish both by the time lessons are finished.
- Aim to eat a rainbow of fresh fruit & vegetables each day.
- Be mindful to not overdo sugar & other sweets

#### WHAT TO WEAR?

Is is an expectation that all students are dressed suitably for online learning.









#### HOW TO MANAGE DISTRACTIONS?

Place your phone on aeroplane mode and sit in another room.

- Plan your day.

- Schedule breaks.

1. URGENT	2. NOT URGENT
and	but
IMPORTANT	IMPORTANT
3. URGENT	4. NOT URGENT
but	and
NOT IMPORTANT	NOT IMPORTANT

#### WHAT ARE THE DIFFERENT PARTS TO MY DAY?

Before school

During online learning





Make your plan visible







#### GOOGLE CLASSROOM

Before each class:

- 1. Look on the class Google Classroom for instructions.
- 2. See if there is a Zoom Link.
- 3. Write down the learning intention/lesson focus
- 4. When in *Google Classroom* click on 'classwork' to find the work for each lesson.

## THE STREAM

The 'Stream' is the first page that will open when you click on your Google Classroom. The stream will show messages from your teacher(s), as well as your upcoming due dates.



#### FINDING YOUR WORK

#### To view your classwork and assignments, click on the 'Classwork' tab at the top of the screen.



### $\ensuremath{\mathsf{CLASSWORK}}$ This page shows you the work that has been set.



#### 200M

If you can, change your background.

 Mute your microphone unless you're contributing to class discussion or asking a

question.









 For most lessons, your teacher will start the lesson using Zoom and you must make yourself visible by having your camera on so that your teacher can see that you are



 Your teacher may use 'breakout rooms' where students will be divided into groups to discuss topics or work on a task