Balancing Remote Work and NTI/Virtual Learning

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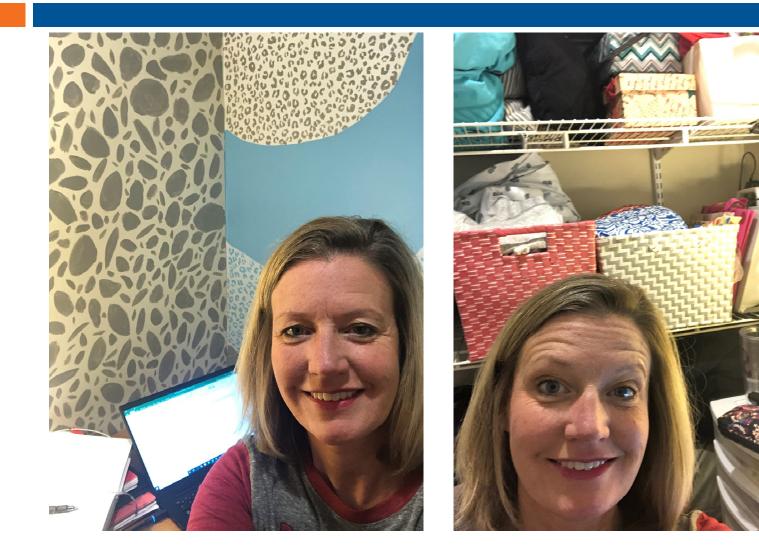Kentucky Council on Postsecondary Education

08/25/2020

Objective

Equip working parents with strategies to support their children's virtual learning experience and meet the expectations of their employers.

Reality Check

My reality…..

Preparing for a Successful Start

Communicate with the school and teacher(s) to determine:

- Expectations of your child(ren)
- Daily schedule and teacher availability
- Technology platform and delivery of instruction
- Resources and support for students and families
  - Parent technology boot camps
  - Small group meetings
  - Special education services

Creating a Productive Learning Environment

- Establish a schedule and routines that best aligns with the age and needs of the child.
  - Consistency in daily routines provide a sense of safety and predictability.
- Teaching is not for the faint at heart– focus on helping your child(ren) understand and complete assignments
- Help your child(ren) check messages and communicate with school
- Remain aware of the social and emotional needs of your child(ren)
  - Listen and give your child(ren) opportunities to share their concerns and questions
  - Build and maintain connections and relationships
  - Be aware of behavior changes and possible causes

Creating a Productive Learning Environment

Create a specific space for your child(ren) that meets their learning needs.

- Organize space according to the structure of the class.

- Make necessary materials available

- Seek out an area that creates the least amount of disruptions

- Make it simple

This space should be created based on their learning needs, age, and motivation of the child to engage and complete their work.

Work Balance and Wellness

- Acknowledge the reality of the situation
  - Prioritize what needs to be done. Everyone needs you at once.
  - What can realistically be accomplished?
  - Be flexible and give grace
- Establishing a work area and hours to have a separation between work and home
- Discussing flexible scheduling with your employer
- Share the responsibility with family and/or close friends.
- Take time for self-care
- Pay attention to how you are feeling
- Celebrate small successes

Resources

American Institutes for Research. (2020, April 7). *Building positive conditions for learning at home: Strategies and resources for families.* https://www.air.org/resource/building-positive-conditions-learning-home-strategies-and-resources-families-and-caregivers

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Questions?

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