

## COUNSELING CONNECTION

3 VIRTUAL LEARNING TIPS  
TO SURVIVE & THRIVE

\*Parents, students, and educators everywhere are in a world of uncharted waters. Parents of students everywhere were asked to transition their homes into a place for virtual learning with much uncertainty.

Here are three tips to help you not only survive, but thrive as you support your children with virtual learning during this difficult time.

1. Establish a Daily Routine---

Studies have shown that children and most adults, thrive on a routine. The routine should consist of academic time with structured breaks throughout the day for the mind and body. The routine for all ages should mimic the school day that your child's teacher has established.

---Set your alarm for the same time as when physically going to school each morning. Attendance will be taken daily at 8:05 a.m. through ZOOM.

---Your child's lunch time should be the same as if they were physically at school.

---Make sure there are multiple opportunities for physical activity.

\*\*\*During this time, it is important to consider your own needs as a parent. Take some moments of quiet time throughout the day. Make sure afternoons and evenings are a time for relaxing and family time.

2. Set up a Virtual Learning Space

---It is important that there is a well established learning space.

→ Consider these things when setting up learning space:

---ensure the space has appropri-

ate seating for the age of your learner.

---the surface should be hard and enough room for laptop, writing, and reading books.

---little to no noise at all

---well-lit with as much natural light as possible.

\*\*If you have multiple children, make sure that are separated.

3. Identify and Ease Motivation Challenges---

At times, motivating your child to complete a task is easy and other times it is the complete opposite. Finding consistency with intrinsic motivation is extremely challenging, especially in a world that has completely turned upside down as we all have just experienced.

---Parents, children, and educators everywhere are in a world of unknown right now, all trying to survive and thrive with virtual learning. We must be patient, understanding, and work together to support our children to the best of our ability at this time. As you work at home to support your young learner, setting up a routine for them and providing a learning space will give them a structure they crave while they aren't able to attend school.

<https://growthed.com/3-virtual-learning-tips-to-survive-thrive/>



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Character Word for  
AUGUST  
TOLERANCE

Consideration and respect for the individual differences, views, and beliefs of other people

Classroom Counseling  
Zoom Lessons  
August

- School Rules, Procedures & Expectations
- Meet the Counselor
- Character Word

Please visit my website for new information such as: classroom counseling Zoom schedules, Zoom links to virtual classroom counseling meetings, resources, etc.

Ms. Jordan's Contact  
Information  
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Ms. Jordan's Role as a  
School Counselor

I am a certified Professional School Counselor who is here to help you and your child. In the capacity of a school counselor, I work with teachers, parents, and administration to help all students reach their fullest potential in school and beyond. My job is to provide classroom counseling lessons to each class, individual counseling, small group counsel-

ing (as needed), parent consultations, collaborate with teachers, administration, and parents, provide resources and referrals for parents etc...

Please fill free to contact me, if you have any questions or concerns. My contact information is located above.



The highest  
result of education  
is tolerance.

Helen Keller

