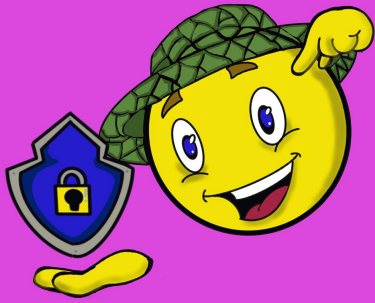


# 3 Ways to be a Successful Virtual Learner Secondary

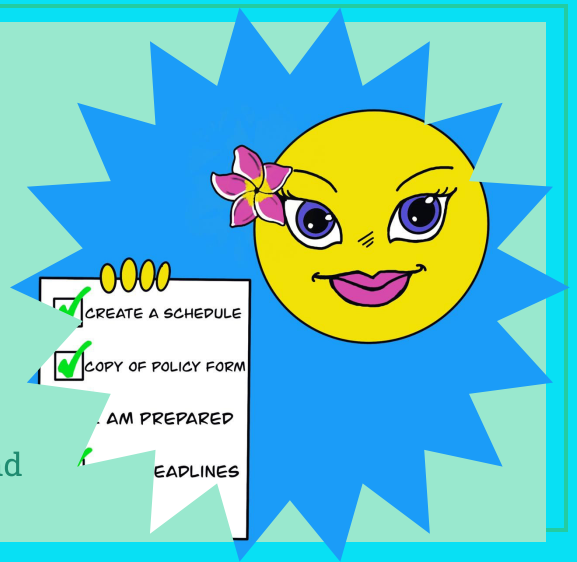
## Safety is a Priority



- Update the antivirus program on your electronic devices.
- Read and discuss Board Policy 379: "Education Technology Use" with teachers and parents.
- Avoid sharing personal information with strangers you meet online.
- Respect the privacy of your classmates while class is in session.
- Do not share peers' information or images on social media.

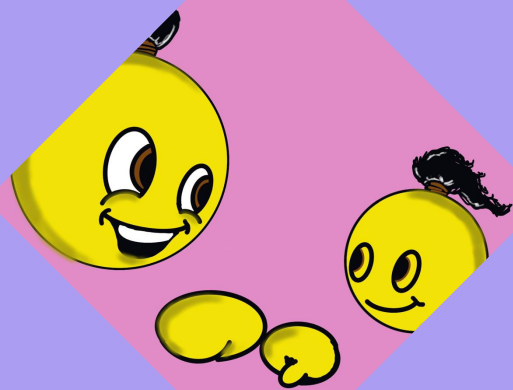
## Responsibility is Key

- Make sure your electronic devices are fully charged before your classes.
- Be on-time and dress appropriately for all your classes.
- Open all the necessary documents for your class.
- Pay attention, take notes, and ask questions while class is in session.
- Seek help from your teacher if you need more guidance on class work.
- Create a calendar as a visual for all your assignments and deadlines.



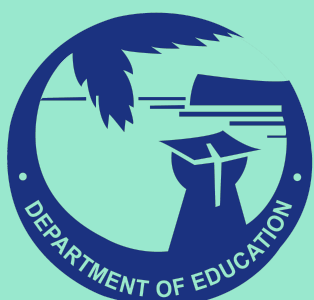
## Respect is Essential

- Be sure to eat before your classes begin.
- Remove anything in your learning space that could distract you and your peers while in class.
- Close out all tabs and sign out of your social media accounts while class is in session.
- Follow class expectations and rules of your online class.
- Listen carefully and avoid interrupting anyone who is speaking.



## One more thing: Self-Care

- Be sure to get 8 - 9 hours of sleep each night.
- Fit 30 - 60 minutes of physical activity into your daily schedule.
- Try to keep a daily balanced diet.
- Schedule a one-hour session of "me" time into your day.
- Keep a journal of your daily activities and be sure to write about your feelings.
- Start habits that help you positively cope with stress; for example, meditating in silence for an hour.



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