



HELPING YOUR HIGH SCHOOL STUDENT NAVIGATE LEARNING FROM HOME



- » Give them the freedom to choose their own project or skill to learn during free time.
- » Use this time to explore potential future careers and the necessary steps for achieving their goals.
- » Leverage your virtual network: now is a great time to pull in friends and family members for mentoring moments.
- » Manage screen time, video gaming, and junk food consumption by awarding points for completing chores, doing schoolwork, and performing physical activities. Let children “buy back” these less healthy activities with their points.
- » Encourage virtual collaborative projects with your child’s friends. For example: make a business plan, research scholarships for higher education, or publish a story online.
- » Give your child freedom of choice but monitor them frequently to ensure the safe use of technology.
- » Have your student explain what they are learning, as it will help them to assimilate and understand the content.
- » Check in on how your child is doing emotionally: they may be missing big milestones such as prom or theatre. Create a space for them to express their loss and help them cope with sadness.
- » Juggling managing your work and managing your family? Consider creating a high school “internship” for your student to help you get work completed.



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