

Asynchronous/ Independent Learning Expectations

STAY ORGANIZED

Use your agenda to keep track of assignments and assessments.



TAKE A BREAK

Work at your own pace and use those breaks that are built into your schedule.



GET MOVING

Breaks are built into your day- use that time to stretch, move around, or dance!



EAT !!

Eat breakfast, lunch, and healthy snacks throughout the school day.



ASK QUESTIONS

Email your teacher or post questions in the chat or Schoology messenger.



TAKE CARE

If you are feeling stressed, lonely, or sad, speak to a trusted adult like a parent/ guardian, teacher or counselor.



Remember that asynchronous (a.k.a. independent) learning is new to all of us.

If you have questions or concerns reach out to your teachers.

We are here to help.

A positive mindset will help you use this new style of learning to grow as a student.