

TIPS FOR DISTANCE LEARNING

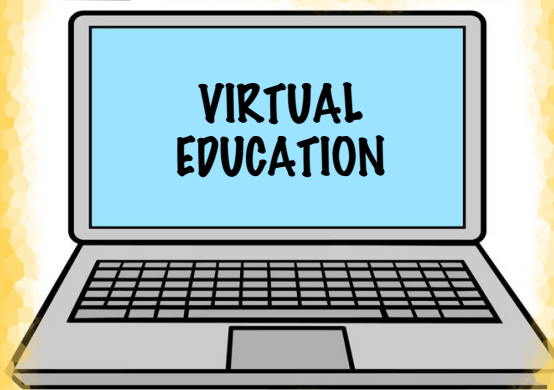
As a direct response to the Covid-19 Crisis, the USASF reached out to the Athlete Advisory Counsel (AAC) in order to ascertain if there were any specific challenges they were experiencing. Many on the AAC indicated that making the transition to virtual education has been, and continues to be, a struggle. Ashleigh Johnson, a current member of the AAC, offered to craft suggestions and tips as much of her high school education has been completed through online learning.

SCHEDULING

- Make a schedule
- Start your day at the same time you used to and complete each class in order for normalcy and routine
- Embrace the flexibility and if a subject is tiring you out, switch subjects and work on something else

SETTING HABITS

- If you are used to completing assignments on paper, print out the assignment to complete it
- Keep a notebook with you to take notes if you do not like taking notes on the computer
- Changing out of pajamas can help you wake up and begin the day in a mindset to complete your work



TECHNOLOGY TIPS

- If you have live online classes, try with or without headphones to see which works best for you.
- If you have technical issues, try changing your web browser. Sometimes applications work best in a particular browser
- Send screenshots or pictures of your work to your teachers if you are stuck so they can help

ASKING FOR HELP

- Don't be afraid to reach out to teachers for help during this evolving period of time.
- Remember, everyone is stressed out at this time so stay connected to others and reach out to other adults and peers as well
- If you are stuck or confused, ask for additional/different resources to help you learn

These are all just suggestions and some may work for you and some might not. Continue trying new things and schedules until you find a routine that works best for you. Everyone adjusts at a different rate and learns differently. Don't get down if you haven't found a good routine yet. It takes time! Stay positive and try to embrace the good of this situation!