

VERITY@LoretoOnline - Student Guide for Successful Learning

BE PREPARED

- Ensure your **learning space is somewhere quiet**, keep this space **neat and tidy**
- **Remove all distractions** and ensure everything you need is within easy reach
- **Go to bed early** on school nights, wake up with enough time to get dressed in neat casual clothes and **have breakfast**
- **Check emails and student notices** each morning before online learning commences at 8.30am



HIGH EXPECTATIONS

- Check-in to **Homeroom each day at 8.30am** via Zoom (Years 4-12)
- Check-in to **every lesson on time** via Zoom or Teams to ensure your attendance is recorded (Years 7-12)
- **Attempt all tasks set** and **submit all work** on time as directed by your teacher
- **Create goals** that you want to achieve in your learning, write these down and stick them above your desk



TECHNOLOGY

- Ensure your iPad/laptop is **charged each night**
- When joining online lessons, **don't switch on your microphone** until asked by your teacher
- **Use headphones** if you have them available
- **Mute your microphone** when not speaking to reduce noise
- Use the **chat function** to ask/answer questions as needed
- Please **don't record any videos or take photos** of online lessons conducted by a teacher
- **Stay safe online**; visit the resources on SEAD to help you



PATIENCE & PRODUCTIVITY

- Things might not always work as planned, that's okay, **keep trying!**
- There are lots of new and exciting learning opportunities for us all, **be patient and kind to yourself and those around you**
- Create a **daily planner** to keep yourself on task and on track with your learning
- **Be proactive!** If you need help, ask your teacher. They are there to help you!



COMMUNICATION

At the start of the day, ask yourself:

- What am I learning today?
- What are my learning targets or goals?
- How will I be spending my time?
- What resources do I need?
- What support do I need?

At the end of the day, ask yourself:

- What did I learn from today?
- What did I enjoy about today's activities?
- What was challenging? How can I work through the challenge?
- What went well today? Why was it good?
- Do I need to ask my teacher for something?
- Do I need help with something in order for tomorrow be more successful?



POSITIVE RELATIONSHIPS

- Use technology in a **positive and respectful** way
- When in online lessons, **listen respectfully** to others and **wait your turn** to speak
- **Keep connected** with others, maintain and develop new **friendships**
- Remember to **keep everyone included** so that no one feels isolated or alone



WELLBEING

- Ensure you have a good **balance between screen time and other activities**
- **Eat healthy**, nutritious food - your brain will thank you!
- **Take breaks** and **exercise regularly**
- Do something that is **creative** or engage in College **co-curricular activities**
- **Check-in with yourself** each day regarding **how you are feeling**. If you need support, please contact us!
- **Check-in with your friends** and **family** regularly to see how they are going
- **Visit SEAD on Loreto Connect** for resources that can help you with your learning and wellbeing

