

Mesa Academy Tips & Tricks for at home learning

Parent Tips

- Set up a daily routine. Writing the routine out on paper with your child will give him/her a better visual of what to expect for the day. Don't forget to add meal times, bedtime and breaks for physical activity.
- Provide a quiet place for your child to do school work.
- Limit/monitor TV watching, video gaming and other social media time.
- Talk with your child daily about how they are feeling.

Organization Tips

- Have your child use a planner (or a digital calendar) to write down assignments/projects and their due dates.
- Break assignments/projects into chunks. Breaking assignments/projects into chunks can help your child feel less overwhelmed.
- Help your child make a checklist or to-do list for the day. Encourage your child to check off accomplishments as he/she completes assignments.
- Do weekly backpack checks. Help your child clean out his/her backpack so he/she can stay organized for the week.

Study Tips

- Encourage your child to take class notes in two columns, using the column on the left side for main ideas/questions and the column on the right for all of the details. When your child is studying for a test they can easily look for the main ideas in the left column and see if he/she can remember the details.
- Help your child create fun ways to remember information. You can do this by helping your child create acronyms, songs or flashcards to remember information.
- If your child is struggling to understand a concept, help/encourage him/her to email his/her teacher with questions.

Mesa Academy teachers and staff are here to help you!

For more parent resources please visit the Mesa Public Schools website at

<http://www.mpsaz.org/parentresources/>.