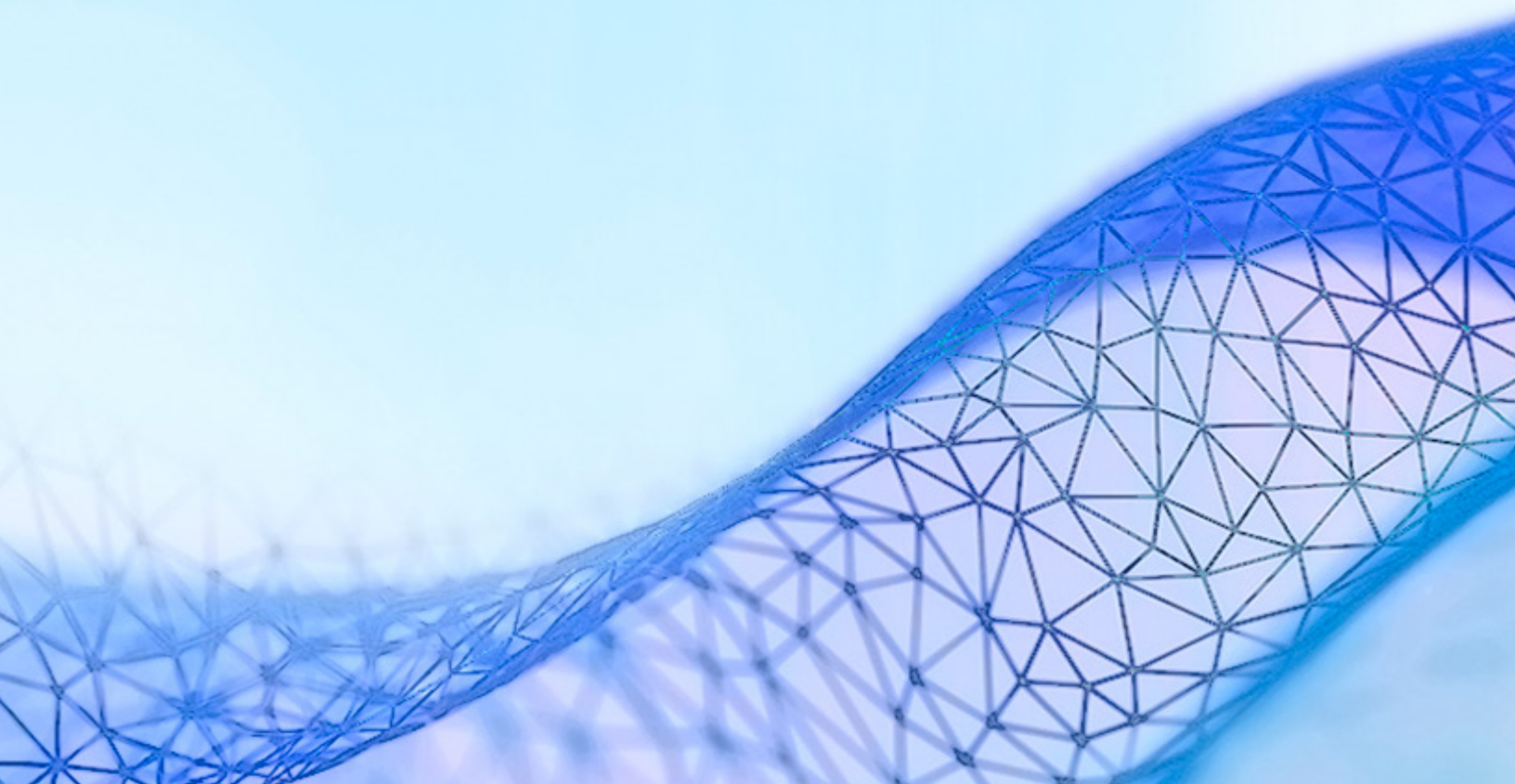




PARENTS' GUIDE TO VIRTUAL AND HYBRID LEARNING

Practical tips and resources to use in your home





Cigdem Ertem

Cigdem Ertem

Global Director Education
Public Sector

DEAR FAMILIES,

All of us at Intel recognize that you are being asked to do more than ever before. Parents and caregivers everywhere have been adapting to the role of learning coach: supporting your child's education from home with widely varying tools and resources in an environment that is ever-changing. As a technology industry leader, Intel has developed this guide to help you leverage educational technology as all of us work together to find the best ways to support students with online, virtual and/or hybrid learning models.

Some of you may live in areas where school systems have converted to an entirely online model of instruction while many others have adopted a hybrid approach that blends at-home learning with in-person instruction. Regardless of what your child's school system is doing, the last several months have likely created a profound shift in your work and family dynamic. My sincere wish is that this guide can help you to adjust to this "new normal," if only just a bit.

As states and districts modify alignment to structured academic standards and testing requirements, I am hopeful that your children will have time to identify personal passions and the opportunity to turn those passions into skills that will be beneficial to their futures. Intel has hired some of the top educators in the U.S. to help bring these curated recommendations and resources to you. I hope you find them helpful with your child's learning journey.

PARENTS' GUIDE TO VIRTUAL AND HYBRID LEARNING

INTRODUCTION



With the shift to virtual, online, and hybrid learning, many of us are staying in our homes, trying to do it all: maintaining our jobs, ensuring our children are learning, and keeping everyone happy, safe, and healthy.

Schools have made radical changes to teaching that have not only impacted our day-to-day lives but also the way our children learn. Many districts have transitioned to online and/or hybrid learning as an alternative approach to closing schools completely. Regardless of what your school district is offering, the success of virtual learning falls largely on the shoulders of the families as well as the learning environment and routines established in the home.

“The stresses of caregiving...are rising for everyone...This is a moment in time for all of us to stretch the limits of our abilities and the boundaries of our creative capacities.... Please remain connected, stay safe, and share your creative ideas.”

Dr. Jack P Shonkoff, Harvard University

A transition to virtual learning can be intimidating for any parent. However, this time of change has also created new opportunities. As teachers have necessarily shifted away from the traditional classroom, many are enriching the existing curriculum with opportunities for children to focus on their natural interests. Online teaching has

given children more control over the methods by which they learn best, giving way to a more personalized education. And educators teaching remotely have also found creative ways to engage students in real-world learning through technology—building skills for their future. We, as parents, can help our children by ensuring they have the support, resources, and environment they need to make virtual learning a success.

No one is expecting a transition to virtual or hybrid learning to be without its challenges and missteps. Give yourself space to try new things. If an idea flops, you can try something different tomorrow. If it works, build on it and share it with others. You are not alone!

We know that your goal as a parent or caregiver is to keep your child healthy, happy, and busy learning while schools are closed. We understand this is a huge task—this guide is designed to lighten your load just a bit.



Written by educators with deep expertise in virtual and blended learning environments as well as curriculum design, this guidebook and companion resources are designed to help you set up a home learning routine. With specific tips and curated resources, you will have the support you need to facilitate at-home learning with confidence.

Throughout this guide, you will find links to a variety of websites with additional ideas. We have also created over 20 tip sheets and an online [idea gallery](#) with project ideas and tools for parents supporting learning from in-home settings. Our hope is that by narrowing down your options it will make it easier to find ideas that are practical for you to use in your home. But first, remember—you can't do it all! Pick the strategies that work best for you and your family, and don't worry if some things fall by the wayside.

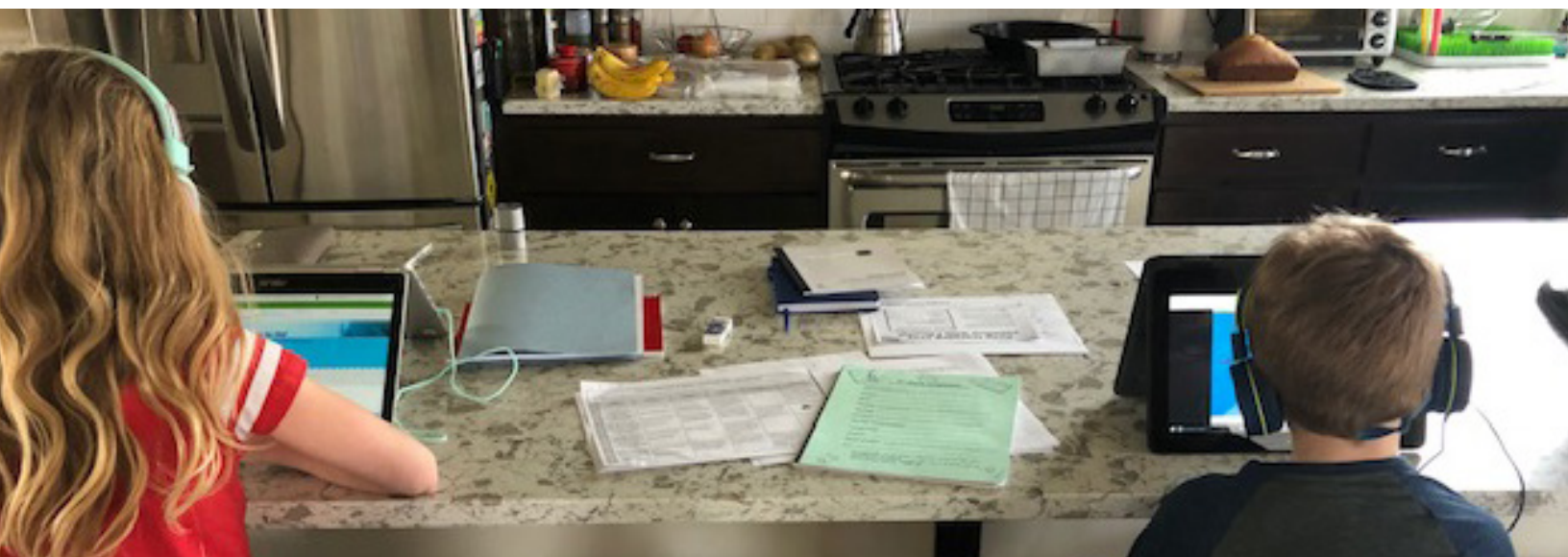


Use QR code to access full version and additional resources.



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- » [Building a Learning Routine in Your Home](#)
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BUILDING A LEARNING ROUTINE IN YOUR HOME

As you have likely already discovered, setting up a new routine with your family can be challenging. However, investing time in creating a routine will help keep your kids on track, establish expectations for the day, and allow you to support their learning.

Most educational experts recommend dedicating time at the beginning of the day to set expectations and garner commitments from your child. They also recommend devoting time in the afternoon to have your child show their work and explain what they have learned. Holding these types of family meetings on a consistent basis helps to develop new routines and keeps your child working to meet your expectations.

To ensure that expectations are clear, co-create a visual learning schedule with your children. This will increase buy-in and encourage them to take responsibility for their learning, while making sure their voice is heard. You might also include scheduled outdoor time, quiet time, and opportunities for screen-free breaks throughout the day. Work with your child's teacher to make sure the schedule aligns to their expectations for synchronous and asynchronous learning time. Here are a [sample daily schedule](#) and [weekly schedule](#) to get you started.

Remember to be patient: designing and implementing new home routines takes time. Begin by trying out some of the ideas found in the resource links in this guidebook and adapt them to work for your family. For example, some families may want to have early wake up times, while those with teens may find that

letting them sleep in gives them much needed rest — and you some dedicated work time!

Most importantly, expect things to not go as planned all the time. No one is handing out the "Perfect Pandemic Parent Award", so know that some days will be better than others! Be kind to yourself and remember that whatever you can manage will be helpful to prevent your child's loss of skill from time spent away from the classroom.

WHAT DOES VIRTUAL LEARNING LOOK LIKE?

- » A combination of virtual, physical and project-based activities
- » A mixture of teacher-directed, self-directed and parent-led experiences
- » An opportunity for children to be responsible for learning, chores and supporting the family
- » An opportunity for learners to explore and develop their passions
- » A time to explore and learn new technology skills in a real-world setting

[View parent resources](#)

Schedules are useful, but don't forget to plan for days when everyone is going to need a break. Your family's emotional wellness is a top priority—sometimes, they will just need the freedom to break the rules and choose an activity that makes them happy in the moment! This could include a favorite app or educational TV programming that allows for you as a parent to rest and recover, while providing your children a well-deserved learning opportunity in a relaxed setting.

Finally, when building a new learning routine in your home, keep in mind that there are plenty of opportunities for children to learn and develop new skills outside of traditional schoolwork. Introducing new chores, cooking together, and even scheduling time for unstructured play provides important learning opportunities while balancing out time spent learning online.

“Most educational experts recommend setting aside time at the beginning of the day to set expectations and garner commitments from your children.”



ADD FAMILY MEETINGS TO YOUR ROUTINE

- » Ensure everyone is listening and emotionally tuned-in
- » Empower your children to have voice in their learning and scheduled activities
- » Document commitments such as chores, projects or activities and monitor to see if they're done
- » Use family meetings to come up with a reward system: points earned for sticking to the schedule can be used to purchase rewards, like extra video game time

Tips for family meetings



CREATING SPACES FOR LEARNING IN THE HOME

Establishing dedicated learning spaces at home can help nurture your child's creativity, enhance their focus, and increase their motivation. When identifying and designing physical spaces, remember that your children will need to move around to be comfortable and engaged during the day.

A good recommendation is having **multiple designated areas for learning**. These designated learning spaces can include:

- » An area where your children can be creative with everyday items found in your home. This area where children can make things is often called a “makerspace.” Ideally, a makerspace has room for children to leave out their works-in-progress over several days or weeks without getting in your way.
- » A quiet reading and writing space where your children can get comfortable reading a good book, drawing, or completing a writing activity with minimal distractions.
- » A technology zone where your children have a dedicated device to connect virtually with their extended families, teachers, and classmates. This area should be located within easy viewing distance, so you can monitor your child's learning activities and online interactions.
- » An outdoor and physical activity area so your children can get some exercise, breathe some fresh air, enjoy game-based activities, and get the wiggles out!

In addition to planning for physical learning spaces, it's just as important to plan for virtual spaces for learning. Your child's school may have identified an online collaborative space where they will meet with their teachers and classmates. Yet, there may be times when you want to learn alongside your child or provide additional online experiences. Don't be afraid to set up accounts for online learning resources that support your child's specific interests.



TIPS FOR DESIGNING LEARNING SPACES

- » Let your kids be involved in choosing the location and designing the space
- » Decorate boxes from online purchases to use as organizers for art supplies, pens and activity packets
- » Make sure your virtual learning space has good ergonomics for your child. If there is a lot of online learning, use a mouse!
- » Create zones for physical activities: both indoors and out

More tips for learning spaces

When creating learning spaces in your home, take the time to think about how you can encourage good technology habits.

- » **Ergonomics matter!** Encourage your children to use chairs that let their feet rest on the floor, and make sure monitors and screens are placed at eye-level.
- » Staring at screens all day can be exhausting for adults and children. Teach your kids about the [20-20-20 rule](#). Prevent eye strain by taking a break every 20 minutes to look at an object about 20 feet away for 20 seconds.
- » Make sure you and your children take physical breaks too. Short stretching or movement games like [GoNoodle](#) help refresh your body and mind.

When you're taking a movement break, don't forget to leverage the outdoors—it's one of the best learning spaces of all! If you have a backyard, a park, or a place to take your children hiking, then incorporate that into your weekly schedule. Look for opportunities to tie what your children are learning online with the real world. For example, pointing out simple machines outside or finding examples of area and perimeter while taking a walk. If you want more ideas on keeping your kids active, [check out this resource](#).



PARENTS' GUIDE TO VIRTUAL AND HYBRID LEARNING DEVICES FOR LEARNING



Although some school districts are supplying devices for students to use at home, many families are finding that they don't have enough for everyone to work, study, and play.

If you are evaluating a new device purchase, consider the following:

» **Will the device be able to access legacy learning tools that districts rely on for virtual learning?**

For instance, Apple macOS and Microsoft Windows devices can support still-used Adobe Flash resources, but mobile devices running iPadOS, iOS, and Android will not be able to access them. Chromebooks can support Flash-based materials, but you will need to go through additional device set-up to access the resources.

» **Does it meet the multi-tasking needs for virtual learning?**

Will your children be able to participate in a video conference while also completing an assignment or project? It may seem prudent to buy the cheapest device possible, but that may cause frustration when your child is trying to multi-task across multiple browser tabs and applications.

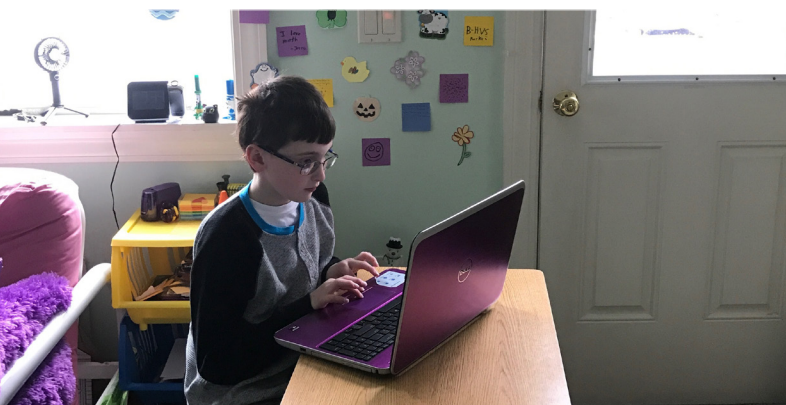
» **How old is your child today and how will they be using the device in four years?**

Think about the future use of your machine as your child grows. Investing a little bit more on processing power, system memory, and system storage will give them the tools they need to learn well into the future.

» **Does the device have the operating system capabilities and the processing power for video and photo editing, productivity, or programming?**

If you have children that want to develop their technical or artistic skills, you may want to consider a higher-end device to support advanced coding and multimedia production.

Finally, your family will be using the device you purchase now for a longer time than your children will be learning remotely. There are a wide variety of personal computers with Intel® Core™ processors from lightweight notebooks through desktop creativity and gaming PCs that can meet the collaboration, communication, and creativity needs of children, parents, and educators. Please refer to [How to Choose the Right Device for Learning](#) guide if you want to learn which computer is best for your child. Also, to help locate low-cost internet in your area, take a look at [everyoneon](#).



ONLINE SAFETY AND MONITORING

As your family develops an at-home learning routine, be sure to balance online learning with other activities such as reading, free-time play, board games and puzzles, physical activities, and family socializing. Common Sense Media has an excellent [guide](#) on deciding how much screen time is appropriate for your child when learning has gone online.

With more devices entering your home, it's a good time to make sure that your cybersecurity efforts are strong. Some initial steps you can take include:

1. Make sure you change the default factory settings on your wireless router;
2. Create strong passwords (more on that [here](#)); and,
3. Keep device software updated.

Stay alert! Phishing is an attempt to trick you into accessing a malicious website that resembles a legitimate website. It's a good idea to remind your children never to click on an unknown link unless it comes from a trusted person, like their teacher. Remind them to never give out their passwords or personal information online. The most common way to be phished is by email, but they might also receive phishing messages by text (SMS).

You are in close quarters and your kids are watching you. Now is a great time to model positive technology use. In addition to online safety practices, you can:

- » Show respect. Watch what you say and how you say it—especially online where others can't read your body language.

- » Take screen breaks and put your phone down during family meetings and mealtimes.
- » Show patience when your child is engaged with virtual learning activities, especially if they are using an unfamiliar tool.
- » Address negative behavioral issues with empathy. Take steps to correct them in the future.
- » Pick your battles. If your child completes their assigned school work and wants to watch online videos, allow them some space for less-educational entertainment.

ONLINE SAFETY FOR VIRTUAL LEARNING

- » Set up parental controls through your internet provider and on the device's operating system
- » Teach your kids the value of strong passwords and not to share them with anyone except you
- » Be aware. Don't allow your child to use Private or Incognito mode

[More online safety tips](#)

PARENTS' GUIDE TO VIRTUAL AND HYBRID LEARNING

MEETING YOUR CHILD'S SPECIAL EDUCATION NEEDS



Every child has unique needs. As a parent, you are likely grappling with the specific needs of virtual learning for your child. For families of students with differing abilities, virtual learning can present additional challenges. Parents, family members, and other trusted adults can play important roles in helping these children better navigate this time away from school.

When routines are changed abruptly, this can be hard on anyone—but perhaps more so for children with differing abilities. When children come to rely on consistency and predictability, changes as significant as this may result in unfamiliar behaviors and responses.

It's important for all kids, but especially for those with differing abilities, to follow a schedule that's similar to their regular school day as much as possible. If your child typically starts their day with a morning meeting, followed by reading and then speech therapy, for example, stick to that itinerary as much as possible (while also making sure to follow their usual sleep, wake, meal and snack times).

Here is some information that may help you advocate for and help your child with differing abilities.

If my child has a learning difficulty, how can I make virtual learning work for them?

As teachers make the move to online learning, it's important to remember that a “one size fits all” approach may not be the best for your child. If you see that your child is anxious or struggling, try to pinpoint the cause.

Perhaps you notice unwanted behaviors whenever your child has to type learning responses, or when they are required to sit and watch an instructional video. Try to think about how your child learns best—maybe they could record a video response instead of typing, or do a hands-on activity that incorporates movement instead of watching a video. You are your child's best advocate! Consider reaching out to your child's teacher to explore alternatives best suited to their unique learning style.



When schools shift to virtual or hybrid learning, are they still required to provide special education?

Yes. Schools are required to provide assistive technology tools or other supports that your child may have been using in the classroom. For more insight, watch this [informational webinar](#) from the U.S. Department of Education.

How will my child continue to receive services that are in their IEP?

Reach out to your child's support team to find out more about how you can best support your child and continue their services while they are learning from home. What occupational therapy exercises can they recommend? How can you integrate speech therapy while playing a game with your child? Would they be willing to deliver therapy virtually? This video on [Free Appropriate Public Education \(FAPE\)](#) and [COVID-19](#) is a useful resource to better understand your child's rights.

What if the virtual learning content seems to be below the level of work they were doing in the classroom?

Perhaps your child is not being challenged enough and needs some brain twisters to keep them engaged. You might consider supplementing their virtual learning with an online "escape room" game, a [maker challenge](#), or [free class sessions](#) from top universities.

This [resource from Austin ISD](#) is filled with additional links to help you address your child's individual learning needs from home.



SUPPORTING A CHILD WITH DIFFERING ABILITIES

- » Look to your school for communication about how they plan to support children with special education plans (IEP and 504 Plans)
- » Contact your child's support team to discuss how they can provide support services remotely
- » Tie learning into movement with indoor and outdoor physical activities
- » Provide your child with choices when selecting an activity to complete
- » Offer brain breaks and calming activities throughout the day

[More special education resources](#)

PARENTS' GUIDE TO VIRTUAL AND HYBRID LEARNING

VIRTUAL LEARNING FOR YOUR ELEMENTARY CHILD



Children in elementary school have unique learning needs. As you begin online learning with a younger child, consider how the decisions you make can best support both their learning as well as their social-emotional development.

When establishing a new routine for your elementary age child, consider their level of development. Younger children will be more successful when offered shorter, diverse activities that engage them through hands-on learning. The following sample schedules can be used as a starting point for finding a routine that works for your own family. Post a copy of the schedule where everyone can see it. For children who are just learning to read, consider adding images or icons.

Learning at Home With Your Elementary Child

10 Things to Consider When Setting Up Virtual Learning for Elementary Age Learners

Making a New Home Routine

Younger Elementary Schedule

Upper Elementary Schedule

How Do Elementary Students Learn Best?

Kids at this age are remarkably adept at learning. The [Child Mind® Institute](#) has put together these guidelines for helping your elementary schooler get the most out of learning from home:

- » **Plan ahead.** Having even a little information about what to expect during the school day will make life easier for both you and your child.
- » **Collaborate with teachers.** Ask them for help when necessary, share feedback about the school's activities, and brainstorm ways to make virtual learning work best for your child.
- » **Remember how powerful your attention is.** Focusing your attention on their learning efforts will help them stay more deeply involved.
- » **Set realistic expectations.** Remember that whatever you can manage will be helpful to prevent loss of skill and that a big part of your goal is just to provide structure and some semblance of "normal."
- » **Be creative.** Keep in mind that there are plenty of opportunities for kids to learn and develop new skills outside of traditional schoolwork.
- » **Maintain social bonds.** Setting up online playdates or even drawing pictures to send to friends can be just as important as traditional academic work.





It's a Partnership: Parents and Elementary Children as Co-creators of Learning

Young children will, by their very nature, require a larger amount of your time and energy when it comes to supporting virtual learning. How can you work collaboratively to create norms, goals and expectations for learning at home? What activities and tasks can you and your child complete together? Coming up with new projects and a variety of activities can be a challenge — below are links to several resources that can help you get started.

RESOURCES FOR ELEMENTARY AGE CHILDREN

- » [10 Low-Cost Cooperative Activities for Families](#)
- » [Idea Starter- Scavenger Hunts](#)
- » [Coding & Making Resources for Elementary Kids](#)
- » [Ten Age-Appropriate Chores for Your Kids](#)
- » [Reading and Writing Activities for Elementary Kids](#)
- » [Family-Centered Making, Coding, and Gaming Projects](#)
- » [10 Video Apps to Stay Connected](#)
- » [Being Mindful](#)

PARENTS' GUIDE TO VIRTUAL AND HYBRID LEARNING

VIRTUAL LEARNING FOR YOUR MIDDLE SCHOOL AGE CHILD



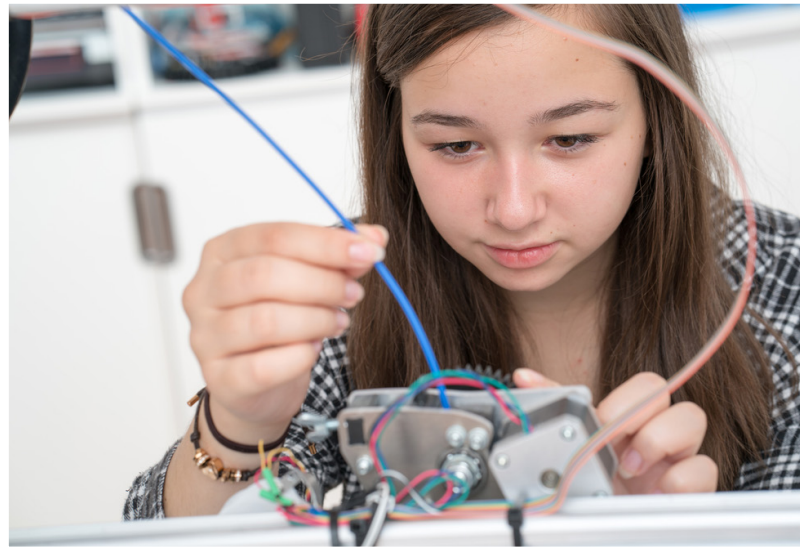
Success for middle school children begins with establishing a daily routine. Keeping your young teen's wake-up, meal, and bedtimes consistent will provide a sense of stability and comfort for them (and for you). Routines also provide parents and caregivers scheduled opportunities to support children as they complete schoolwork and new household chores.

It's important to engage your teen in the routine-creation process. Include their input on schedules, work locations, and household chores to provide a sense of ownership that teens crave—and lay the groundwork for intrinsic motivation. Remember: positive discussions about responsible decision-making leading to responsible actions are good lessons for lifelong learning success.

Every family is unique and special, so designing a routine that best fits your child's needs and learning style is key. Check out this variety of sample schedules and customize one to your liking. You can either make them digital to share electronically or print a hard copy for each family member, ensuring that expectations are clear.

[Visual Sample Schedule](#)

[Middle School Schedule](#)



CHILL TIME ACTIVITIES FOR TEENS AND TWEENS

- » [Listening to Music](#)
- » [Meditation and Breathing Exercises](#)
- » [Folding Paper Origami](#)

[More activity ideas](#)

How Do Middle School Students Learn Best?

Kids at this age are experiencing numerous biological changes that affect learning. The [Child Mind® Institute](#) has put together these guidelines for helping your middle schooler get the most out of learning from home:

- » **Support their organizational skills.** Help your child manage their materials as well as their time. Practice planning for upcoming tasks, while rewarding and praising them for their successes.
- » **Create a framework for learning.** Provide a reasonable schedule for getting work done in clearly defined periods.
- » **Collaborate with teachers.** Consider asking the teacher how much you should be checking and correcting your child's work and clarifying what assignments should take priority.
- » **Provide opportunities outside of learning.** Encourage your child to build in breaks and times for socializing, exercising and enjoying entertainment.
- » **Help them get a good night's sleep.** Teenagers need 8-10 hours of sleep per night. Shut off electronic devices 30 to 60 minutes before bedtime and stick to a sleep schedule.



EVENING FAMILY TIME IDEAS

- » Host a family game night
- » Take a virtual field trip together
- » Attend a streaming concert

- » Host an esports competition
- » Work on family puzzles

Family time activities for middle schoolers



It's a Partnership: Parents and Middle Schoolers as Co-creators of Learning

Many middle school-age children already feel comfortable using technology tools such as word processors, spreadsheets, collaborative photo apps, and even some coding programs. Take this opportunity to tap into your child's inner genius and let them create a [passion project that truly interests them](#). A child who spends a lot of time drawing, making DIY projects, taking selfies, and texting with friends can now take these skills and put them into academic practice with a [growth mindset visionary dream board](#). This empowers your child to visually represent their best selves and map out their creative learning pathways of how to attain (or create) their potential future careers and goals.

This may be a once-in-a-lifetime opportunity for you to learn more about your child's passions, interests, and learning styles. Here are three questions to ask to start this dialogue:

- » What are you most interested in learning about while we are home together?
- » What do you love to do that I may not know about as a parent?
- » What does learning success look like to you and how does it make you feel?

Time at home can also be a great opportunity for your middle schooler to make a positive impact on others while learning from home. Here are three ideas to get started:

- » Write an email to an elected official about a cause you believe in;
- » Make a balanced meal for your family; and,
- » Create chalk art with positive messages for others.



A Balanced Approach to Active and Engaged Learning Activities For Middle Schoolers

It's amazing what young people can do with simple found objects such as paper towel rolls, crayons, cardboard, or empty cereal boxes. All it takes is some imagination and the willingness to dream up new solutions. And they're not just being creative and having fun—many of these ideas can be used to demonstrate their learning. Try tapping into your teen's talents and have some fun. Who knows? Your child might find a new passion or hobby.

In addition to some creative time, your teen also needs quiet time to help refresh and refocus their mind. Incorporate blocks of time throughout the day for catching up on a book, meditating, doing a puzzle, or taking a nap. If calming down is difficult, explore some [guided meditation recordings](#) or apps. Some quiet time can help to relieve stress and anxiety while providing emotional rest.

Take advantage of your child's personal learning needs and allow them to become more independent yet offer guided suggestions to support their learning interests. Here is a list of age-appropriate activities for middle schoolers:

RESOURCES FOR YOUR MIDDLE SCHOOL CHILD

- » Ten Age-Appropriate Chores for Your Kids
- » Art Ideas and Online Resources for Middle Schoolers
- » Family Time Activity Ideas
- » Reading and Writing Activities for Middle Schoolers
- » Middle School Math and Science Resources
- » Family-Centered Making, Coding, and Gaming Projects
- » 10 Video Apps to Stay Connected
- » Being Mindful

PARENTS' GUIDE TO VIRTUAL AND HYBRID LEARNING

VIRTUAL LEARNING FOR YOUR HIGH SCHOOL AGE CHILD



At this point, it may be difficult to keep track of what day it is now that everyone is at home. Take the time to plan a schedule with your high schooler that includes enough sleep with a healthy balance of work and self-care. Use an online calendar app or print and hang a calendar that the entire family can see.

Remind teens that they control their time. Teens tend to revert back to old habits, so making sure that they practice good hygiene and go to bed at a reasonable hour ensures an easier transition when schools are back in session.

One silver lining of learning from home is that teenagers may get more of the sleep they desperately need. According to the National Sleep Foundation (NSF), a teen needs roughly nine hours of sleep a day. Lifestyle choices greatly impact the quality and amount of sleep they get. Take time to establish better sleeping habits with your child. More information can be found at [SleepFoundation.org](https://www.sleepfoundation.org).

ESTABLISH A SCHEDULE THAT WORKS FOR EVERYONE

- » Color-coded schedule template
- » Khan Academy learning schedules
- » Simple learning schedule template



How Do High School Students Learn Best?

Kids at this age are learning to become independent thinkers as they apply knowledge from the classroom to real-life scenarios. The [Child Mind® Institute](#) has put together these guidelines for helping your high schooler get the most out of learning from home:

- » **Stick to a schedule.** Establish a daily routine with them to emphasize that schoolwork remains a priority.
- » **Set up an effective workspace.** Help your adolescent set up the materials they need for virtual learning, including the proper technology and a distraction-free zone.
- » **Support executive functioning.** Stress that the practical skills teens are learning in school now (planning ahead, meeting deadlines) will help them succeed in college and the work world.
- » **Set clear boundaries.** Resist the urge to provide adolescents with the correct answers or complete assignments on their behalf.
- » **Build independence.** When you can, provide your teenager with just enough support that they can master the task at hand. Then, reduce support gradually.



VIRTUAL LEARNING WITH YOUR HIGH SCHOOLER

- » Give them freedom to choose a project or skill to learn during their free time
- » Have your teen help younger family members with their work
- » Encourage teens to explore future careers and the steps necessary to achieving their goals

Tips for your high school student

Get involved with family-centered making projects

Stay connected with video apps

Take a moment to be mindful

It's a Partnership: Parents and High Schoolers as Co-creators of Learning

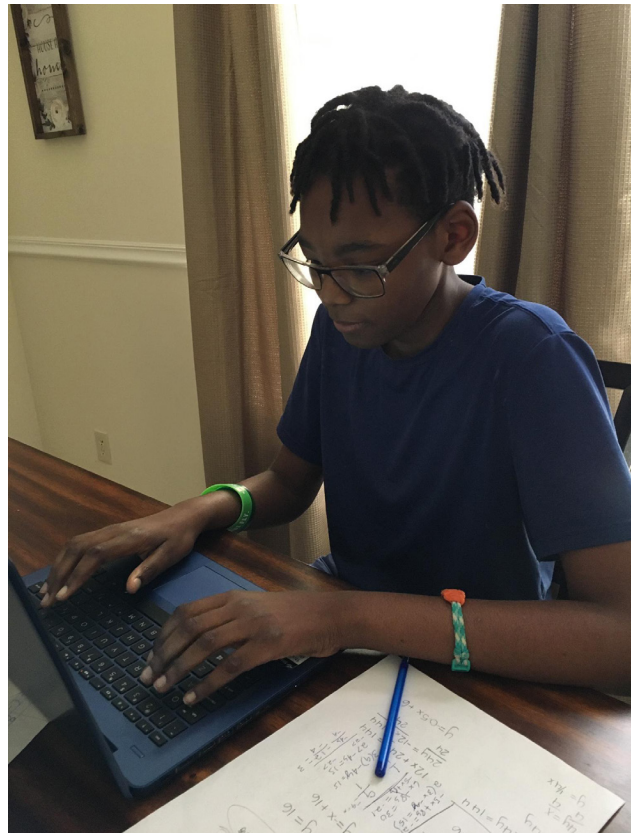
Spending more time at home can become a perfect opportunity for your teenage child to unleash and explore their creative side. A child who spends a lot of time taking selfies can start a [budding digital photography career](#). An organized child can put their interior designs skills to use by reorganizing furniture, decluttering kitchen drawers, organizing a toolbox, and tapping into a [free online student course](#). Likewise, your excitable chatterbox may feel perfectly fine at home and is eager to [start an educational YouTube channel for family and friends](#). Take advantage of your teenager's need to be more independent and offer useful suggestions. Here are more activities you can do at home to [tap into your high schooler's passions](#).

Many high schoolers have worked hard to prepare for online exams such as the SATs and the Advanced Placement tests. Here are updates from those organizations about how they are managing these exams while everyone is learning at home.

[Updates on SAT Testing and College Admissions](#)

[AP Testing Updates](#)

Even though your high school-age student is a young adult, they still need you as a parent to be an active role model and participant in their daily learning journeys. They also need you to be an active listener and support system as they navigate the shift to virtual or hybrid learning.



SUPPORTING YOUR HIGH SCHOOL STUDENT

- » [Reading and Writing Resources for High Schoolers](#)
- » [Science and Math Resources for High Schoolers](#)
- » [Art Project Ideas and Resources](#)
- » [Ten Age-Appropriate Chores for Your Kids](#)
- » [Maintaining Social Connections](#)
- » [Tap Into High School Interests](#)
- » [Chill Time Activities for Teens and Tweens](#)

PARENTS' GUIDE TO VIRTUAL AND HYBRID LEARNING

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With a career focused on transforming education through effective use of technology, Paige Johnson collaborates with a wide range of stakeholders in order to help school systems meet their educational goals. During her two decades with Intel, she worked with representatives of school systems around the world to make their learning environments better.

She has a passion for volunteering with innovative groups of leaders. She served on the Steering Committee for the National Assessment Governing Board on Technological Literacy, and on the International Society for Technology and Education (ISTE) advisory group for development of the NETs standards. As a former Chair of the Partnership for 21st Century Learning, she led a coalition that became the leading advocacy group focused on preparing students for the 21st century marketplace by emphasizing skills in science, technology, engineering, and math (STEM).



NAOMI HARM

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Naomi Harm is a K–12 women in leadership strategist, ed-tech influencer, and proud educator of 25 years. Her current teaching and learning focus includes mentoring girls and young women to pursue passion-driven STEM careers, designing hands-on coding, making and robotics learning experiences, coaching women in ed-tech leadership, and reimagining brain-friendly student-centered classroom learning spaces.

As Chief Experience Officer of Innovative Educator Consulting, Naomi designs and facilitates emerging technology and STEM professional learning best practices. Her firm's researched-based professional learning solutions focus on transforming the instructional design needs of K12 educators, and how to create engaging learning experiences, while modeling how to build life-long learning confidence.



BLANCA DUARTE



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Blanca Duarte is Chief Enablement Officer at LogicWing, a technology consulting and professional development company. For the last 20 years, she has worked in public and private education, helping organizations to use technology to live, work and learn. For the last 12 years, she has focused on helping districts to implement 1:1 learning environments and use cloud-based platforms to create community and deliver educational content.

Among her favorite projects is working with scientists to bring current topics, such as computation and nanotechnology, to life for scholars. Her passion lies in fostering community and building capacity.



VANESSA JONES



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Vanessa Jones is a Technology Design Coach for the Austin Independent School District in Austin, Texas where she supports authentic, personalized and blended learning experiences that allow for continued growth, diversity, and innovative ways to transform technology. Vanessa is also facilitator for Code.org, a member of the CSedWeek and Hour of Code Advisory Committee, and helped to write the K12 Computer Science Framework. She is also a member of the 100Kin10 Diversifying the STEM Teacher Pipeline Project Team.

Vanessa's passion is in developing communities of computer science learners so that all students can have the opportunity to learn computer science basics, as she believes that computer science is the great equity equalizer. #CSforAll



DYANE SMOKOROWSKI

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Dyane Smokorowski is a 2019 National Teacher Hall of Fame Inductee, 2013 Kansas Teacher of the Year, and is currently serving as an Innovation and Technology Lead Teacher in the Andover Public Schools. Dyane believes in a project-based, student-centered classroom that helps students to build skills in communication, planning, research, and project implementation. Additionally, Dyane thrives on creating active and engaging teacher professional learning opportunities.

Above all, Dyane wants her students and teachers to develop a love for innovation, communication, and technology, but also to use that love and passion to advance their own futures, as well as that of the global community.



TOD JOHNSTON

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With a background in K-8 classroom teaching, educational technology and parenting, Tod Johnston understands first-hand the challenges and the opportunities that families all around the world are encountering in the new reality.

Tod is a member of Clarity Innovation's creative team, using his strengths as a writer to author instructional materials: including both online and face-to-face professional learning courses for educators and student-facing curriculum. Now, his job is blending seamlessly into his personal life more than ever, as he attempts to work, educate his children, and keep everyone happy and safe in the home!



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