GUIDELINES for ONLINE LEARNING SUCCESS

I. Prepare Your Learning Environment
   ● Designate a quiet space at home to learn
   ● Make sure TV and Music is turned off
   ● Have your iPad fully charged
   ● Use earbuds/headphones if helpful
   ● Close extra tabs on your iPad

II. Respect Class Time
   ● Log in to your Zoom session on time
   ● Come to class dressed and groomed appropriately
   ● Have all materials and supplies with you
   ● Zoom sessions are for learning, misbehavior or disruptions to the class will be reported to the office of Dean of Men
   ● Don’t eat during a live session
   ● Bathroom breaks are not to occur during Zoom

III. Be Present and Engaged
   ● Arrive on time to all Zoom sessions
   ● Have assignments completed on time
   ● When online, remain focused
   ● Behave properly during Zoom sessions; speak respectfully

IV. Remove Temptations
   ● Leave your phone on silent and in another room
   ● Avoid gaming, social media, youtube and any other distractions during school hours
V. Follow All School Technology Guidelines
   ● Taking pictures and videos of teachers or classmates during Zoom is prohibited
   ● You must be registered with your full name
   ● Do not share the meeting ID with others

VI. Stay Active
   ● Stretch, move around, try to get some fresh air when possible
   ● Follow the exercise plan found on your PE teacher’s Topics Page or workouts from your coach

VII. Stay Connected
   ● Reach out to your friends
   ● Create an online study group
   ● Reach out to your teachers/counselor when needed

VIII. Pray Daily (last on the list but most important)
   ● Continue your Lenten promises
   ● Pray alone and/or with your family
   ● Read and reflect on the daily Gospel
   ● Pray the examen on your own (you are an expert by now)