

A woman with curly hair and a young girl are sitting at a desk, looking at a laptop screen. The woman is resting her head on her hand, and the girl is pointing at the screen. The background is a warm, dimly lit room with wooden furniture.

7 Strategies to Succeed Academically in a Post Pandemic School Environment

District 131 – 2021 Parent University

1. Develop a **positive attitude** and have **hope** for a better future!

A **positive attitude** is contagious and/or transferable.

- ✓ It empowers students and parents to see the good and the accomplishments in life, rather than the negative and the failures; and most of all, recognize opportunities.
- ✓ **Hope**, more than a desire, is the expectation of obtainment or fulfillment.

A positive attitude and hope creates motivation to do whatever it takes to succeed academically!
Motivation can break barriers!



This truth applies to both students and their parents.

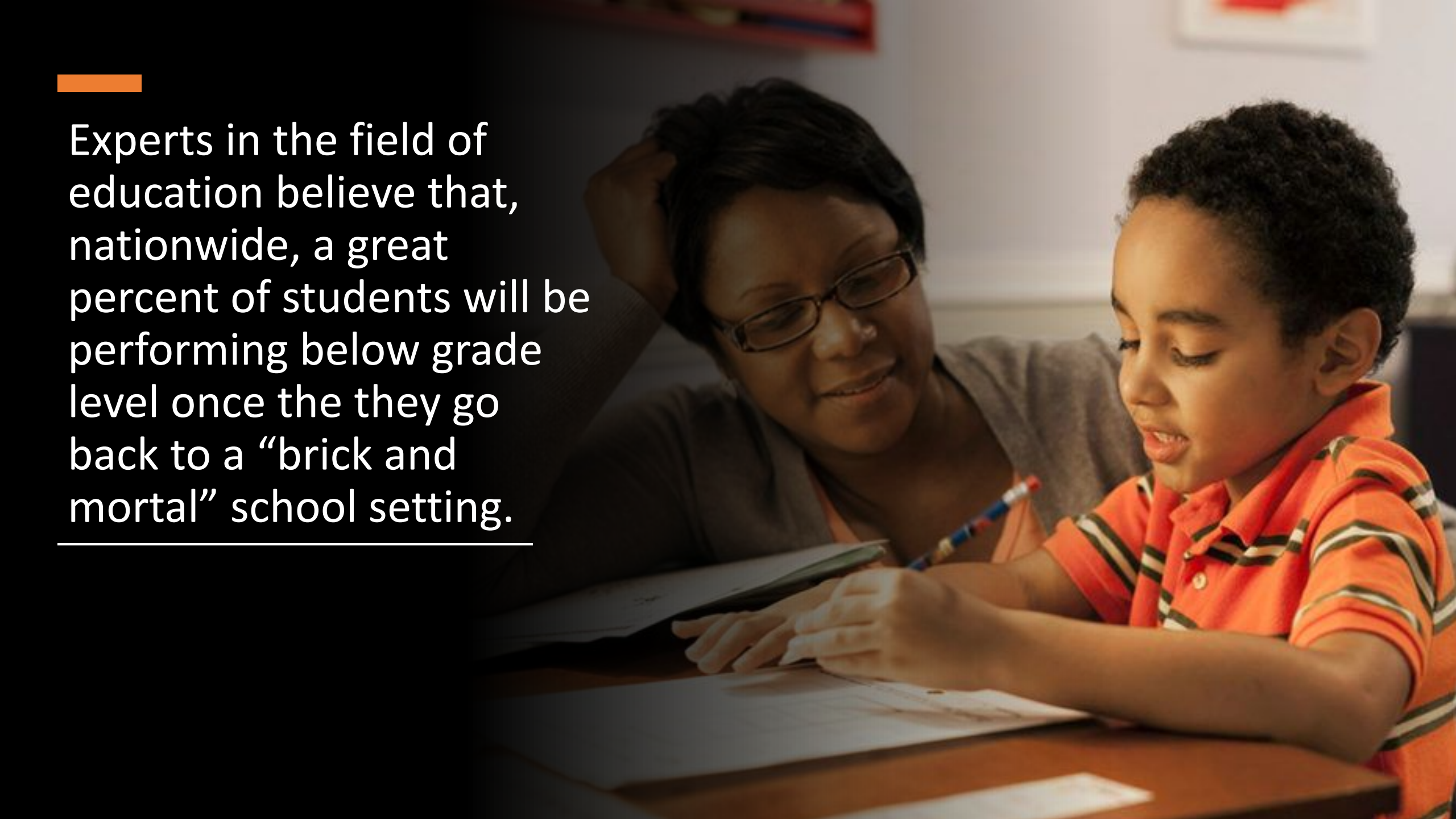
2. **Be in charge!** Sit in the driver's seat when it comes to your child's education.

In many ways the American Educational System functions like a tricycle, not a bicycle.

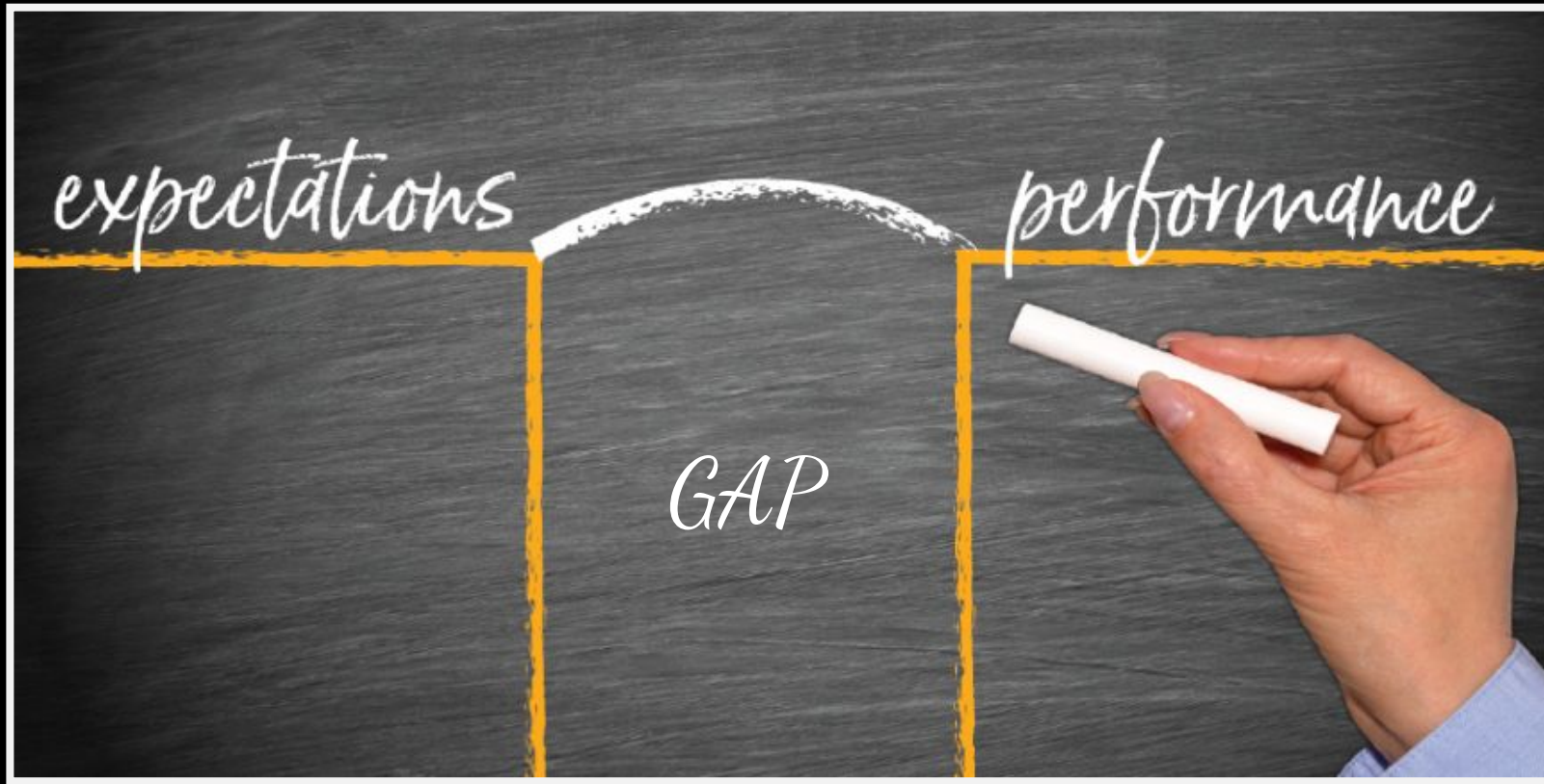
- ✓ The **student** is the front wheel, leading the process to ensure that his/her academic needs are met.
- ✓ The **parent and the teacher** are the two back wheels, which connected to each other provides the support and balance that students need to reach academic proficiency.

A positive and productive communication between parents and teachers is the key to a successful and stress-free classroom environment.



A woman with short dark hair and glasses is sitting at a desk with a young boy. They are both looking down at a book or paper on the desk. The woman is on the left, and the boy is on the right. The boy is wearing an orange and black striped polo shirt. The woman is wearing a grey top. The background is slightly blurred, showing a classroom or home setting with some papers and a wall.

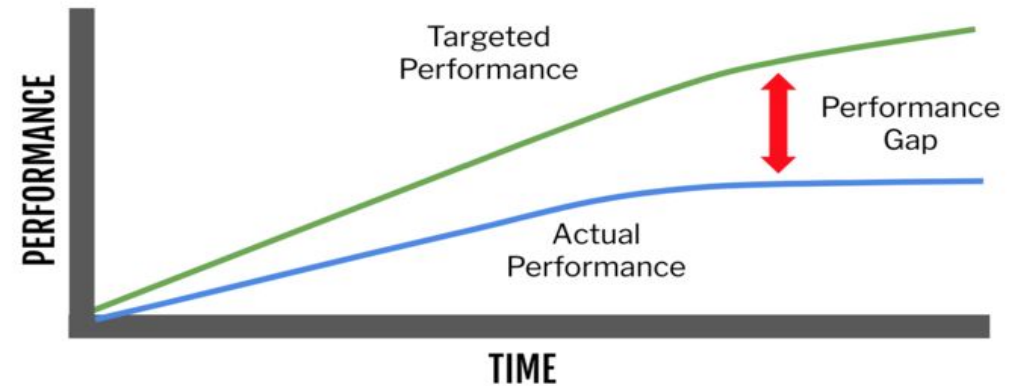
Experts in the field of education believe that, nationwide, a great percent of students will be performing below grade level once they go back to a “brick and mortal” school setting.



- ✓ Researcher all agree that parent involvement is the leading indicator of students' academic success. Teachers alone cannot help their children reach their maximum potential.
- ✓ The role that parents play in their children's education has been maximized during this pandemic. *Why?*

Teaching online (for more than a year) minimized teachers' ability to establish teacher-student relationships, supervise behavior and encourage engagement. Therefore, most students "fell behind" emotionally, socially and academically. They are now performing below what is expected at their current grade level.

How to conduct a learning needs analysis and close organizational performance gaps



3. Establish and monitor a regular **daily schedule** for you and your children.

The schedule should include the times to:

- ✓ Wake up/Go to bed
- ✓ Eat breakfast, lunch, dinner and snacks

Snack-times should be planned based on the time they are having lunch. It is very difficult for students to learn when they are thirty and/or hungry.

- ✓ Go to school or be at the bus station
ONTIME
- ✓ Complete their class assignments after school

Parents must plan and organize their day before they design a daily schedule for your children.



The schedule should include the times to:

- ✓ Take screen/mental breaks when looking at the computer/phone/table screen
- ✓ Connect with “real” friends, if possible, in person
- ✓ Relax, play and/or have fun, if possible, outdoors and exposed to nature
- ✓ Engage in high-energy physical activities, those that raises heart rate and/or makes you sweat



4. Create a **home environment** that is conducive to learning.

Find a place in their house that:

1. Is appropriate when their children are studying and/or communicating via audio and/or video.

Note: Parents must protect their home privacy!

2. Students can focus and stay focused for several hours, not just a short period of time.
3. Students can be supervised and monitored to ensure learning process.

Note: Consider using in-house monitoring cameras connected to their smart phones.

Students who are able to focus demonstrate alertness and pay attention on the specific tasks that will help them accomplish their academic goals.



Find a place in their house that:

4. Is free from distractions, which includes sounds, lights and smells.
5. Have a good and reliable internet access.
6. Provides enough light to see and space to place instructional materials such as paper:
 1. Books
 2. Workbooks
 3. Paper
 4. Pencils, pens, highlighters, markers
 5. A calculator
 6. A Ruler, etc.



5. Stay **up-to-date** with the latest school-related technology or “ed-tech.”

- ✓ Parents who are “**Ed-Tech**” **savvy** can use devices, apps, programs, and media to effectively support their children’s education.

NOTE: The technological devices, platforms, programs, apps, etc., used in instruction are not the same as the ones used by the general public.

Don’t just ask what technology are the teachers or district using. Ask how and when it is being used.



There is no shame in asking the what, when and how of all aspects of a child's instruction. Parents must seek help to better understand how to:

- ✓ Use the school-issued devices like laptops and tablets and school adopted educational apps and programs.
- ✓ Prevent the misuse of technology and protect their children from internet-related crimes.



6. Connect with their child's teacher (and school staff members) in a positive and productive manner.

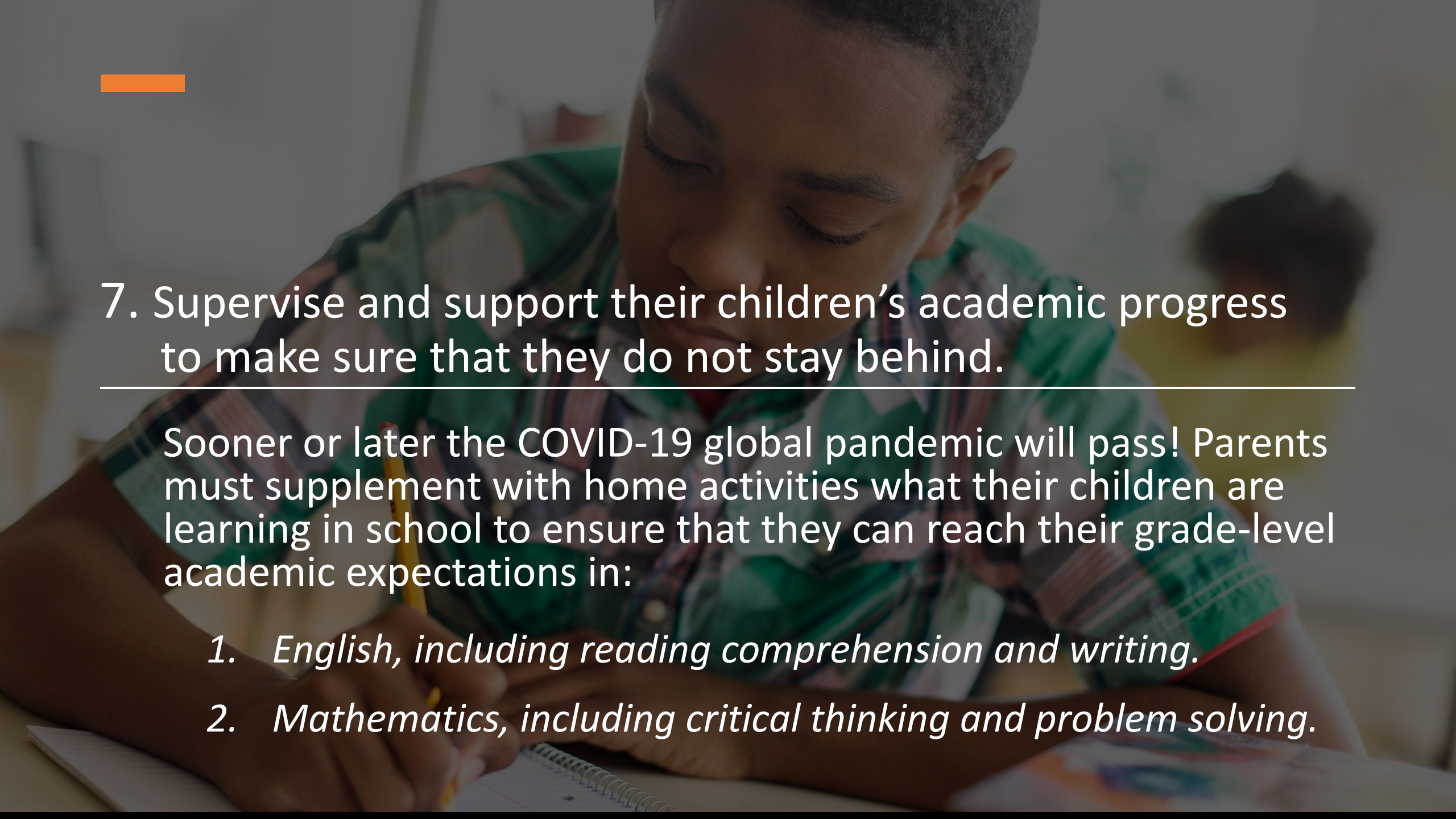
1. Be flexible and exercise patience!
2. Find out what is the best way, and the time, to communicate with their children's teachers.
3. Always use a tone of voice that is honest and tactful.
4. Choose words that are appropriate to the situation and non-inflammatory.

We are in this together! This pandemic has impacted our lives greatly; therefore, kindness will minimize stress and improve our ability to effectively communicate with others.



5. If communicating via video, and taking on a listening role, make eye contact and focus on the speaker.
6. Never interrupt the person they are speaking with.

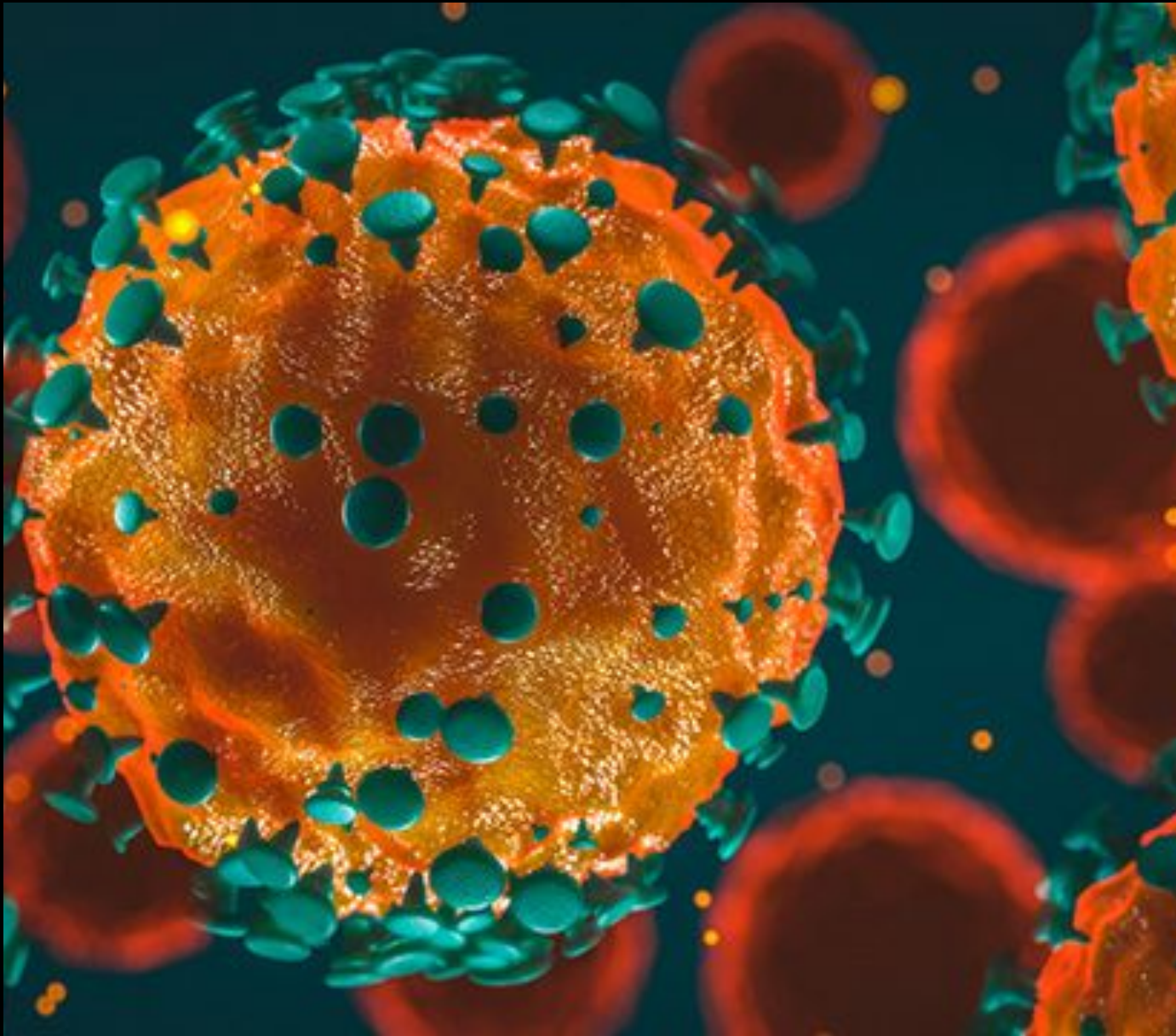




7. Supervise and support their children's academic progress to make sure that they do not stay behind.

Sooner or later the COVID-19 global pandemic will pass! Parents must supplement with home activities what their children are learning in school to ensure that they can reach their grade-level academic expectations in:

1. *English, including reading comprehension and writing.*
2. *Mathematics, including critical thinking and problem solving.*



**Use obstacles
as opportunities
to grow rather than
excuses to quit.**



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