

FIVE TIPS FOR SUPPORTING TEENS WITH THEIR ONLINE LEARNING

Self-management skills are essential for success in school and beyond. The following tips will help to shape your teen's self-management skills while finding success with online learning.



Teens don't want to be told anything. When you ask questions, it encourages problem solving and you give your teen a chance to show what they already know.

Online learning is new territory for teens. Help them establish a daily routine they can stick to that gives structure to their day, and includes both learning and fun.

Teens will not have the same prompts for longer-term assignments as they would normally. Encourage them to chunk big projects into manageable sub-goals.

Opportunities for reinforcement are less with online learning. Encourage teens to build in reinforcement by celebrating completion of small goals.

Phones are incredible sources of reinforcement, but they are also distractions. Suggest they use electronics as a reinforcer after completing a certain number of tasks.