



CENTURY
HIGH SCHOOL

Principles of Hybrid Learning

Pocatello/Chubbuck School District 25

Things students and parents are saying about Hybrid Learning:

- It can be difficult to get motivated on remote days.
- COVID fatigue is REAL!
- The pandemic has demanded that we adopt different mindsets and habits.
- Remote instruction and learning can be confusing.
- Remote days seem like days off.
- It is difficult to learn without face-to-face instruction in a classroom.
- Distractions and lack of planning are making it impossible to keep up.
- Anxiety is high and it causes a sense of panic.
- I need help!





Breaking it down:

for Hybrid Learning

- Believe it or not, the challenges and habits that students are facing now will better prepare them for college and career success.
- A researcher who looks at what it takes to get through college has put together six tips that can help to maximize student MOTIVATION and PRODUCTIVITY while learning from home on remote days.
- Counselors and teachers have been in the field observing and tracking those students who are finding success and those who are struggling. The point of this presentation is to help YOU - our students - to better acclimate to the Hybrid Learning Model.
- While we all want to be back full time...for now this is the best model to ensure progress during a worldwide pandemic.

6 Ways to Build **MOTIVATION** and **PRODUCTIVITY**:

1. Guard your **time**.
2. Determine **how much** work is needed.
3. **Break it up!**
4. Set **goals**.
5. Identify the **rewards**.
6. Be flexible and **PERSEVERE**.





1.

GUARD YOUR TIME

Adopt a FIRM schedule for remote learning days.

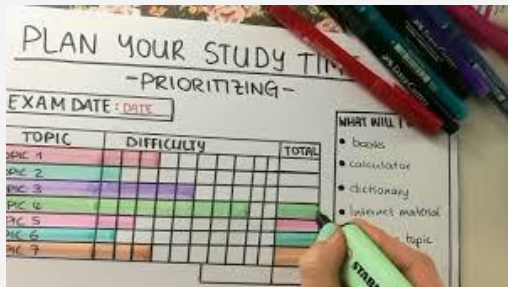
You do not need large amounts of time to be productive, but you do need boundaries and a schedule.

- Use the schedule form to make a plan.
 - Establish a workspace.
 - Minimize distractions – silence notifications, let family/friends know your schedule, etc.
 - Work hard during your “class time.”
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2.

Determine how much work is needed...

Check Infinite Campus, Google Classroom, and Make a List!



- Note that Infinite Campus tracks your graded work and what is missing.
- Remember that Google Classroom is an extension of the physical classroom where content is assigned.
- Jot down the work that needs to be done in your “class time.”
- Include research, written assignments, tasks, etc.
- Look ahead to tests/quizzes to be sure you are prepared.

3.

Break LARGE tasks into smaller ones

More manageable tasks allows students to ACHIEVE maximum EFFICIENCY and EFFECTIVENESS!

- Follow a logical sequence to complete assigned tasks.
- Work steadily and track progress.
- Mark things off of your list as you go...it is really satisfying!
- You will find you are more MOTIVATED when you can see the progress you are making!





Set S.M.A.R.T. Goals!

Specific, Measurable, Achievable, Relevant, and Time-based goals will increase motivation.

- Generic, vague, or easy goals are not very helpful.
 - Set goals related to your effort.
 - Stick to your schedule.
 - Cross things off that list!
 - Set and KEEP deadlines.
 - Anticipate distractions or interruptions...and find ways to overcome these.
 - Treat remote days like actual school days...because they ARE!
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5.

Identify the Rewards

Intrinsic or Extrinsic...
REWARDS MATTER!

**BEST.
STUDENT.
EVER.**



- Intrinsic:
 - That feeling you have when you fail vs. when you succeed
 - That rush that comes when you GET IT vs. when you feel lost
- Extrinsic:
 - That A on a test you studied for
 - Getting to spend time doing something fun rather than doing make-up work on a weekend.

6.

Flexibility and Perseverance

Some days won't go as planned...
and that is alright!




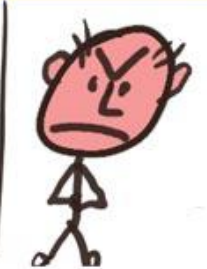




- One bad day should not derail your progress.
- Regroup and get back to the plan you have established.
- If something comes up, adjust your schedule to get things done.
- **COMMUNICATE** with your teachers! They are on your side!

Spectrum of Self-Determination

Non-Self-Determination



Self-Determination

Impersonal (Extrinsic)	External (Extrinsic)	Somewhat External	Somewhat Internal	Internal (Intrinsic)	Personal (Intrinsic)
I see no point in taking action	I take action because of a reward or punishment	I take action because I feel guilty	I take action because I value the goal	I take action because it helps with my self- esteem	I take action because I love what I'm doing
I'll fail	I'm forced	I should	I might	I will	I want to
					

Where are you on this spectrum?

REMEMBER:

Eventually, this pandemic will end.

Try to see the positives rather than focus on the negatives.

Pros:

- Time management skills will pay off later
- Good individual work habits will help you better solve problems
- Self-discipline and self-awareness are life-long skills



Cons:

- Less face-to-face interaction
- More possible distractions
- Temptation to blow off school
- Late or missing work increases stress and anxiety

Need Help?

Communicate with your parents, teachers, and school counselors.



We are here to help you!

If you have stress or anxiety,
PLEASE reach out. We can help you
find solutions.

Nothing is impossible!

Student: _____

Let's get prepared!

It will be helpful to physically plan your remote day schedule and make a "To Do" list. Let's take some time to do that!

Activity: Make a plan for remote days

Schedule

7:00	
7:30	
8:00	
8:30	
9:00	
9:30	
10:00	
10:30	
11:00	
11:30	
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4:00	
4:30	
5:00	
5:30	
6:00	
6:30	
7:00	

Plan what time you will spend on each class and schedule breaks to reward yourself!

Daily Checklist

Subject: **M T W T F**

Make checklists for each class and mark when you plan to do the work or when it is due.

To Do: **M T W T F**

Create check off lists to increase your motivation and visualize your accomplishments!

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Now it is your turn to give us your feedback!

1. Head to chsdbacks.com
2. Scroll down and click on “Counseling”
3. Click on this link: <https://forms.gle/Z64rYV1y15PApCXK7>

A graphic with the words "THANK YOU" in a bold, sans-serif font. Each letter is a different color: T (red), H (orange), A (yellow), N (light green), K (green), Y (blue), O (purple), U (pink). The graphic is centered on a white rectangular background, which is itself centered on a blue background with a thin purple horizontal line passing through it.

THANK YOU

RESOURCES:

Visit chsdbacks.com

for more tips, strategies, and helps to become a MOTIVATED and SUCCESSFUL hybrid student.

YOU'VE GOT THIS!