

Remote learning for students with special education needs:

Student tip sheet

Set yourself up for success

Try making a visual schedule so you know what you are doing at specific times during school hours. Setting an alarm can help you move from 'home' to 'school' mode at the beginning of the day.

Plan your workspace

Your Individual Education Plan (IEP) might have some ideas, like:

- What is the best space to work in. One with lighting that makes you comfortable, the right amount of quiet or noise, and a good place to stand or sit (e.g. chair, exercise ball, or high table).

- Headphones and a microphone. Some people prefer noise-cancelling headphones.
- Assistive devices or software or adaptive equipment. Talk to your teacher about the equipment you usually use at school and if it can come home.

Managing your work

Ask for information about the digital tools and programs you will be using. Know who and how to ask for help.

Get organized

Some strategies to keep track of work might be:

- Folders (physical or online) for different subjects with labels or colour coding.
- A schedule of class-times, meetings, work times and due dates. If your schedule is online, you can add meeting links or calendar alerts.
- Timers or alarms might help you manage your time
- Check-ins with your teacher, other school staff or your school team.

Participating in remote learning

Participating in remote learning can help you with your schoolwork and your well-being.

Turning on your camera and/or microphone might help feel more involved. You might prefer a mix of turning your camera off in large group settings and having it on during smaller ones. You could also choose a picture or an avatar instead of turning on your camera.

If you are nervous about speaking live, talk to your teacher about asking questions in a chat box or sending thoughts or questions once you have had a chance to think about what you are learning.

Advocating for yourself

It can be harder for teachers to see how you are doing with remote learning, because it is harder to hear tone of voice or see body language. You might need to tell your teachers about how you are feeling and how your learning is going. If you are a younger student, you may need your parents to help you speak up for yourself.

Tell your teacher about yourself and what helps you learn. Tell them about how you like to communicate, and whether you need other formats for your work. Talk about your sensory needs if needed, like when you might need a break from the screen or to turn off your camera.

Working with your school team on updating your Individual Education Plan (IEP) so it meets your needs in remote learning.

Talk about things that are working well with remote learning, and areas where help or changes are needed.

Ask for help as soon as possible.

Talk to your classmates or peer mentor.