



Tips for a successful virtual learning experience

–Stephanie Brekstad, LCMHCA



In preparation for the uncertainties this school year will bring, for those who are learning virtually here are some important tips to make your child's virtual learning experience go more smoothly.

- Set up a good routine
- Ensure the appropriate hardware is being used
- Create a designated learning space
- Online safety is still important
- Help with motivation and focus
- Encourage peer interaction
- Key into how your children are doing with online learning

With no need to get ready for a typical school day, it is very easy to let some aspects of your previous routine go. Some important aspects to continue doing however, would be to stick to a time for bed and getting up in the morning, personal hygiene, breakfast and lunch, and even scheduled breaks. A key aspect of this routine is for it to be consistent and to stick to it.

For younger children where transitions can be very difficult, give them notice of when changes are coming. Include many of the breaks like snack time and recess and encourage going outside as much as possible.

It is encouraged that an appropriate computer, laptop or tablet be used for virtual learning. A smart phone may not be the best tool. Contact your school if you are having issues ensuring your child has the appropriate equipment. If reliable internet is an issue, contact the school to see what potential options are available to you.

The location where learning will take place is also very important, If you can, create a space your child will use for school. Lying in bed or on the couch is not very productive. The space should be comfortable, but allow for them to actively engage in class and have as few distractions as possible. Include your child in this process. Setting up the room together would be a great activity to help them get excited for school.

With children online more than ever, it is important to ensure that when they are accessing their school programs, that they are unable to access or be accessed by malicious content. Take the appropriate steps to know your child's login information, set up appropriate virus and spyware software and create parental controls where necessary.

During these times, it is normal for many to feel disappointed that they are unable to experience school the way they are used to. In this virtual environment your child can be distracted by more things than they usually would at school. Try to maintain engagement by limiting access to cell phones during school hours. Utilize "screen time" to set accessibility to certain apps on a schedule so they are unavailable during school. Do your best to promote positivity in your home. This is beneficial for everyone, not just children.

Set up virtual play dates, online group homework sessions or study sessions. If you are concerned there is not enough interaction during school, speak with the teacher and see what options are available to make it happen. Especially during this time, interaction is strongly needed.

Nothing about this experience is normal or has been experienced before. It is important for parents to be aware of how their child is doing with this new experience. Identify how your child is learning. Are they engaged? Are they struggling? Identify where they may be experiencing challenges and work together to come up with solutions. Ask their teacher for input if necessary. Even though this experience is not what you or your child had envisioned for their education, it is still important to take it seriously.

Does your child need social interaction?

If your child is struggling with social interaction, needs additional support managing anxiety or depression, or needs help with personal growth and self-confidence we have groups that provide interaction, support, and encouraging atmospheres!!

Visit our website to learn more!

Our Groups



DEPRESSION & ANXIETY GROUP (9-11)
VIRTUALLY TUESDAY 5-6PM

FOR THOSE EXPERIENCING:

- SADNESS, OR A LOW MOOD THAT DOES NOT GO AWAY
- NOT BEING INTERESTED IN THINGS THEY USED TO ENJOY
- FEEL EMPTY OR UNABLE TO FEEL EMOTIONS (NUMB)
- PHYSICAL SYMPTOMS, SUCH AS HEADACHES AND STOMACH ACRES
- BEING VERY AFRAID OF SCHOOL AND OTHER PLACES WHERE THERE ARE PEOPLE
- BEING VERY WORRIED ABOUT THE FUTURE AND ABOUT BAD THINGS HAPPENING

THIS GROUP CAN HELP BY:

- OFFERING SUPPORT AND A SAFE SPACE AMONG OTHERS GOING THROUGH SIMILAR EXPERIENCES
- LEARNING VALUABLE SKILLS TO Cope
- BUILDING CONFIDENCE AND POSITIVITY
- BUILDING UNDERSTANDING OF WHAT THEY ARE EXPERIENCING

\$200 DEPOSIT
\$50 PER GROUP
To learn more visit
www.ncpsychologist.com/grouptherapy
call 919 893 9444
email info@ncpsychologist.com



Personal Empowerment & Growth Group
VIRTUALLY TUESDAY 6-7PM

FOR THOSE EXPERIENCING:

- FEELING OVERWHELMED BY THE WORLD
- FEELING LOST OR UNABLE TO FIND ONE'S WAY
- FEELING UNABLE TO MAKE DECISIONS
- FEELING UNABLE TO SET BOUNDARIES
- FEELING UNABLE TO ASK FOR HELP
- FEELING UNABLE TO SAY NO
- FEELING UNABLE TO STAND UP FOR ONESELF
- FEELING UNABLE TO EXPRESS ONE'S OPINION
- FEELING UNABLE TO SET GOALS
- FEELING UNABLE TO MANAGE STRESS
- FEELING UNABLE TO MANAGE EMOTIONS
- FEELING UNABLE TO MANAGE ANXIETY
- FEELING UNABLE TO MANAGE DEPRESSION
- FEELING UNABLE TO MANAGE BURNOUT
- FEELING UNABLE TO MANAGE LIFE

THIS GROUP CAN HELP BY:

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VIRTUAL DEPRESSION & ANXIETY GROUP 11-13
IS YOUR TEEN EXPERIENCING CHANGES IN THEIR APPETITE
WITHDRAWING FROM FRIENDS AND ACTIVITIES
DECLINES IN GRADES
A CHANGE IN NORMAL BEHAVIOR OR PERSONALITY
INABILITY TO ENJOY LIFE

Research has shown that children who experience depression are at a greater risk of their symptoms increasing in severity and engaging in dangerous behaviors.

Our group can help! Your child can learn valuable skills for overcoming their depression and live healthier lives.

Monday @ 4pm
\$200 Deposit
\$50 per session

Email us at info@ncpsychologist.com
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Krippa Family Psychological & Wellness Services

547 Keisler Drive Suite 202, Cary

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