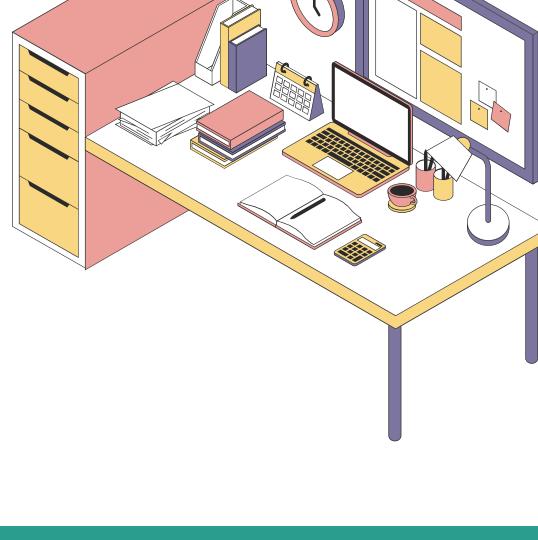


# 5 Ways to Support Your Teen's Online Learning Journey



## 1 Create a Structured Learning Environment

You can help to ensure their study area is stocked with necessary supplies like notebooks, pens and reliable Wi-Fi.



## 2 Encourage Goal Setting and Time Management

Using planners, digital calendars, or apps can help keep assignments and deadlines visible and manageable.

## 3 Stay Engaged

Be supportive, but allow them the space to take ownership of their learning.



## 5 Promote Balance and Well-Being

Encourage your teen to follow the “20-20-20” rule, for every 20 minutes of screen time, take a 20-second break to look at something 20 feet away. This helps reduce eye strain and boosts focus when they return to their work.

## 4 Leverage OVS Resources

You can also explore OVS's wide range of courses, from Grade 9 HIF1O: Individual and Family Living to Grade 12 ENG4U: English, to see how their interests align with future goals.

