OPTIMIZE
Your Home Environment For Online Learning

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Agenda:

- Setting expectations
- Create a structured space for learning
- Establish schedules & routines
- ADHD & EFD + online learning
- Resources

1. Setting Expectations
Set Clear & Appropriate Expectations

- Have a family meeting to discuss school expectations
- Keep it short (4-7) key expectations
- Write them down & display in an area they will see
- Meet once a week as a family to check-in on expectations

Examples

1) We wake up and do our morning routine before school starts
2) We leave our phone in a communal area during class time
3) During school breaks we do not play video games
4) We do our best effort and focus during our online classes
2. Create a Structured Space for Learning

- Must have a designated space for online learning
- Important to have a desk/chair or table/chair (standing desk?)
- Student’s room or kitchen/dining room table?
- Desk/table needs to be organized and free from clutter and distractions
- Involve the student in setting it up
### School Materials

- Laptop, desktop, or ipad
- Headphones?
- Chargers
- School books and planner
- School notebooks, folders
- Binder paper, blank paper
- Pencils, pens, highlighters, sharpener
- Calculator, ruler, scissors, stapler
- Calendar
- Whiteboard
- Access to printer, printed materials

### Establish Schedules & Routines

3.
### Self-Directed Learning
- **Mimic a school day schedule**
- **Be specific**
- **Physically write it down on paper, poster board, whiteboard**
- **Display in a place visible to everyone**
  (can also print out hard copies and post in student’s room)
- **Digital students - put schedule and alarms into their online calendars, phones, watches**
  (with support from you)

### High School Student

<table>
<thead>
<tr>
<th>Time</th>
<th>Class/Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00-8:45</td>
<td>Jazz Band</td>
</tr>
<tr>
<td>8:45-8:55</td>
<td>10 min break</td>
</tr>
<tr>
<td>9:55-10:15</td>
<td>Economics</td>
</tr>
<tr>
<td>10:15-10:25</td>
<td>10 min break</td>
</tr>
<tr>
<td>10:25-11:20</td>
<td>Business Algebra</td>
</tr>
<tr>
<td>11:20-12:00</td>
<td>LUNCH</td>
</tr>
<tr>
<td>12:00-1:00</td>
<td>Spanish</td>
</tr>
<tr>
<td>1:00-1:10</td>
<td>10 min break</td>
</tr>
<tr>
<td>1:10-2:10</td>
<td>English</td>
</tr>
<tr>
<td>2:10-2:20</td>
<td>10 min break</td>
</tr>
<tr>
<td>2:20-3:35</td>
<td>Physics</td>
</tr>
<tr>
<td>3:35-4:35</td>
<td>Afterschool break</td>
</tr>
<tr>
<td>4:35-5:35</td>
<td>Homework/Studying</td>
</tr>
<tr>
<td>5:35-5:45</td>
<td>10 min break</td>
</tr>
<tr>
<td>5:45-6:30</td>
<td>Homework/Studying</td>
</tr>
<tr>
<td>6:30-7:15</td>
<td>Dinner</td>
</tr>
<tr>
<td>7:15-8:15</td>
<td>Homework/Studying</td>
</tr>
<tr>
<td>8:15-9:45</td>
<td>Free time</td>
</tr>
</tbody>
</table>

### Self-Directed Learning

- **Self-directed learning schedule = no live streaming classes**
- **Student would need to have a list of the expected school tasks to work on during each subject period**
- **Pre-scheduled mini-breaks - Student may need to take 3-minute timed break every 30-40 minutes**
  (will need to have a timer for breaks), stretch break, get water break etc.

### Middle School

<table>
<thead>
<tr>
<th>Time</th>
<th>Class/Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00-9:30</td>
<td>Subject: Math</td>
</tr>
<tr>
<td>9:30-9:35</td>
<td>5-minute break</td>
</tr>
<tr>
<td>9:35-11:00</td>
<td>Subject: English</td>
</tr>
<tr>
<td>11:00-11:05</td>
<td>5-minute break</td>
</tr>
<tr>
<td>11:05-12:00</td>
<td>Subject: Social Studies</td>
</tr>
<tr>
<td>12:00-12:45</td>
<td>LUNCH</td>
</tr>
<tr>
<td>12:45-2:00</td>
<td>Subject: Science</td>
</tr>
<tr>
<td>2:00-2:05</td>
<td>5-minute break</td>
</tr>
<tr>
<td>2:05-3:00</td>
<td>P.E.</td>
</tr>
<tr>
<td>3:00-4:00</td>
<td>Afterschool break</td>
</tr>
<tr>
<td>4:00-4:45</td>
<td>Homework/Reading/Study</td>
</tr>
<tr>
<td>4:45-4:55</td>
<td>10-minute break</td>
</tr>
<tr>
<td>4:55-5:40</td>
<td>Homework/Reading/Study</td>
</tr>
<tr>
<td>5:40-6:00</td>
<td>20-minute break</td>
</tr>
<tr>
<td>6:00-6:45</td>
<td>Dinner</td>
</tr>
<tr>
<td>6:45-8:00</td>
<td>Free time</td>
</tr>
<tr>
<td>8:00</td>
<td>Quiet time (power down)</td>
</tr>
<tr>
<td>8:30 to 9:00</td>
<td>Get ready for bed</td>
</tr>
</tbody>
</table>
### Schedule Chunks of Time

- ![Image](image1.png)

### Elementary

**MORNING TO LUNCH**
Academic Time (8:30-12:00)  
Include Recess, Fresh Air Time, P.E.

**LUNCH TIME** (12:00-12:45)

**SOCIAL TIME** (12:45-2:45)

**PROJECT TIME**

**PHYSICAL TIME**

**HOMEWORK TIME** (2:45-4:45 with breaks)

**FREE TIME** (4:45-6:00)

**DINNER** (6:00-6:45)

**QUIET TIME** (6:45-7:45)

### Online Streaming Classes

- ![Image](image2.png)

- If online streaming classes –  
  use that as the academic day schedule

- If open periods during the day – use as study hall to do homework and/or P.E.

- Afterschool – regular homework time (if they have enough work to do), chores, free time, social time, outdoor time, projects
4.

ADHD & EF Online Learning

DURING ACADEMIC SCHOOL TIME THE PHONE STAYS WITH MOM, DAD, GUARDIAN OR IN A COMMUNAL AREA THAT EVERYONE SEES

Put the phone away
Outside of the room
A: TIPS For Students with ADHD & EF difficulties

- Visually check-in on your student at different times throughout the academic day to see that they are engaged.
- Prompt or put reminders up for students to stand up, take stretch breaks, use appropriate fidgets as needed, get water.
- Students are receiving lots of information and directions from their schools and teachers right now – help them track this by using e-mail, online platforms such as schoology, Edmodo, canvas etc.

B: TIPS For Students with ADHD & EF difficulties

- Encourage them to do office hours with their teachers.
- If they work with tutors or ed specialists typically, continue these sessions remotely.
- Support students in making sure their assignments are being turned in and reaching their teachers.
- They still need to keep track of their homework as they would if they were attending school in person (checking online, using digital lists for example, Google Keep, hard copy checklists on post-it notes, etc.)
C: TIPS For Students with ADHD & EF difficulties

✘ Coach your children about what to do if they get stuck

IF THEY GET STUCK:
✘ E-mail teacher and ask for clarification or support
✘ Contact a friend in class
✘ Go online and look for videos about the topic
✘ Ask parents

D: TIPS For Students with ADHD & EF difficulties

✘ If a student struggles with going online to YouTube, video gaming during school time encourage your student to use strategies to help

Block access to content that isn’t used for learning
• Block Site (Chrome Extension)
• Stay Focused (Chrome Extension)
• Strict Workflow (Chrome Extension)
• SelfControl (Apple)
• Settings > Screentime > Content & Privacy > Restrictions (Built into iOS 12 for Apple)
• Cold Turkey Blocker (Microsoft)
Parents must put their oxygen masks on before they put on their child’s

Big concept

Dr. Robert Brooks
https://www.drrobertbrooks.com/resilience-common-underlying-factor/

GREAT Online Resource

ADDITUDE
https://www.additudemag.com/

Understood
https://www.understood.org/pages/en/families/

Child Mind Institute
https://childmind.org/

Smart KIDS Learning Disabilities
https://www.smartkidswithid.org/

Dr. Robert Brooks
https://www.drrobertbrooks.com/resilience-common-underlying-factor/
Online Tutoring

Our psychologists and educational specialists are available to continue working with their current clients online.
Contact: Suzy Music
Suzy.music@morrcomp.org

Tutor Corps and Pacific Preparatory School can provide safe, educational support live, one-on-one online academic support.
Contact: Lexie
lexie@tutorcorps.com

https://www.tutorcorps.com/

Contact Information

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THANKS!

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