Distance Learning Tips from Student Support Services

In the event of a closure, Bryn Mawr’s Student Support Services team will continue to provide services and systems that support students’ success and overall well-being within a distance learning environment. Our counselors, learning specialists and health personnel will be available for consultation, personalized virtual support and referral services throughout the school day. The team will maintain regular communication with students currently receiving support via Google hangouts and email. Phone consultation will also be utilized on an as needed basis.

Student Support Services Distance Learning Tips for Students:

Do’s
- Keep calm and create a schedule to help manage your time.
- Engage regularly with instructors and faculty for support and directions.
- Continue your normal morning routine to prepare for instruction and learning.
- Identify dedicated work space.
- Eliminate distractions.
- Allow yourself breaks.
- Engage in physical activity.
- Utilize healthy snacks to boost energy.
- Ask for help as when needed.

Don’ts
- Be afraid to speak up and ask questions.
- Ignore email or avoid communication.
- Attempt working in an environment intended for rest.
- Attempt to be anonymous.
- Forget our Bryn Mawr conversation norms (they still apply).
- Proceed without a plan.
- Ignore resources provided.
- Forget to look at your google calendar and canvas pages.
- Forget to take care of yourself.

Resources for Parents to Support Students:

While surrounded by news and discussion of COVID-19 and participating in a new learning opportunity we aim to help you support your daughter’s overall social-emotional well-being and her academic success. To help parents better prepare to do this in a quickly evolving landscape we have also included a few tips and resources for you.

- As appropriate by age, discuss and/or set up a daily routine, including healthy eating and sleeping habits that your daughter can follow.
● Provide a place and time at home for instruction and homework.
● As appropriate by age implement/encourage limitations and structure around TV watching, gaming, social media and computer time.
● Become familiar with Distance Learning resources available to you daughter within her division.
● Inquire with your daughter about her fears, excitement, and progress.

Contact for Bryn Mawr’s Student Support Services Team can be found here.

Further Resources:

Talking to Kids About Coronavirus
Talking to Children about COVID-19
Coping With Stress During Infectious Disease Outbreaks,