



TOP 10 THINGS TO GET READY FOR VIRTUAL LEARNING **FALL 2020**

1. Test your internet connection and webcam to make sure everything is working. If you need a device, remember that all students have the option of checking out a district Chromebook from MVMS.
2. Explore our Mesa Verde website. We have been posting information nearly every day and the front page has key information that will answer many questions.
3. Make sure you have your login information to access Synergy and Canvas/MyConnect. (This is your user ID and password) Contact the IT help desk at ithelp@powayusd.com if you don't have this information.
4. If you have a smartphone, download the ParentVUE and MyConnect apps and tour the sites. You may also access the same information on a desktop by logging into MyPLAN. Consider following: @mesaverdems and @mesaverdeasb on Instagram and following Mesa Verde Middle on Facebook.
5. If you are in the habit of staying up late, start going to bed about 20 minutes earlier each night to allow for a smoother start to the school year on Wednesday, September 2nd at 8:30 AM. Also, start waking up close to your regular school time so that your body and brain are ready for school success.
6. Practice mindfulness and gratitude! Use this [daily or weekly gratitude reflection](#) to remind you of the things that are going well and make you happy. Also try these quick intro to mindfulness [videos](#) when you need a brain break.
7. Prepare your virtual workspace for this school year: make sure you have your necessary supplies, a professional and neat background for your Zoom classes, and a quiet and comfortable setting.
8. Discuss virtual learning etiquette (i.e. be mindful of appearance, be on time, be engaged in your learning by asking and answering questions, respect others, and exemplify the Eagle Way).
9. Encourage healthy habits; plan a workout routine that allows you to take advantage of movement during your 10-minute breaks between classes - check out these quick workouts [HERE!](#) Track your progress throughout the year and watch yourself improve!
10. Connect with classmates and friends - social distancing does not mean isolation! Find ways to connect on Zoom or Google Hangouts with friends for lunch, study groups, and/or to play games.