



NEWSLETTER

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WHAT'S INSIDE

Distance
Learning
Fatigue and
Strategies
to Help

**DISTANCE LEARNING FATIGUE
AND STRATEGIES TO HELP**

Let's face it, teachers, parents as well as students are experiencing the unexpected difficulty when it comes to online distance learning.

All of a sudden they are on the spotlight. It is now very exhausting for the students that they are in front of a computer, microphone and camera most of their class.

It is somewhat convenient for the students that they can easily attend class without going out of the house. But online distance learning can be tiring and fatigue is real more than we can imagine.

There are so much for the brain to process and it has processing limitations when it comes to text, images, animations, videos and audio. This is where the exhaustion come from. Besides students learn online in very different ways.





Here are some strategies to help with online distance fatigue

Get enough sleep - One of the reasons for the students getting exhausted is not getting enough sleep. A tired brain cannot learn. Getting enough rest before the class start can help alleviate their exhaustion and also help them to focus.

Plan frequent short breaks - This is the great time to grab a snack and have that 10 minutes away from the computer. Short activity like 10mins walking and doing a few exercise will also help reduce stress.

Creating a schedule - This will help the student have the control and responsibility for their schedule. Establishing and maintaining a routine schedule will also provide a healthy habit.

Make space fun & suitable - Creating a suitable space for learning allows students to have fun and be comfortable.

Avoid multitasking - Avoid distractions while on class. For most of the students, it is so tempting to check their social media or other websites. Having lots of tabs on your computer or not turning off your phones will increase the loads that you are thinking at the back of your head. You'll feel less fatigue if you'll concentrate and focus if you are only doing one activity at a time.

Not all homes and families are alike. Some can cope up with the new normal with the online distance learning and others will struggle. If you are looking into any help on educational services, check The Allicock Group.



TESTIMONIALS



"I was referred to the Allicock Group by a family friend. My son had been having issues with his reading and writing. Not only did the Allicock Group advocate for him at IEP meetings but they provided me support and all the information I needed to keep organized and informed about the IEP process."

S.A.

ABOUT THE ALLICOCK GROUP

We are a team of licensed and certified professionals. We are Special Educators, Mental Health Therapists, Speech Language Pathologists, and Project Managers. Our goal is to provide high quality therapeutic, professional development, project management, and consultation services in the field of education.

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