**C2 Suggested Sample Daily Schedule**

**for Distance Learning**

To help ensure the continuity of learning and set students up for success, we recommend establishing a regular schedule. Following a routine will help bring normalcy to an entirely unfamiliar situation and support healthy work habits for students while maintaining academic progress.

**Please adjust the times and activities to fit your specific daily schedule.**

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| **Time** | **Activity** |
| 8:00 – 8:45 | Wake up and get ready for the day. |
| 8:45 – 9:45 | Preparation Time (enjoy breakfast, collect materials needed for the day, set up workspace) |
| 9:45 – 10:30 | Academic Time |
| 10:30 – 11:00 | Get Moving (Exercise/PE/Health) |
| 11:00 – 12:00 | Free Time (enjoy lunch, additional movement time) |
| 12:00 – 1:00 | Academic Time |
| 1:00 – 1:30 | Exploratory & Cultural Arts (Music, Art, Electives) |
| 1:30 – 2:45 | Academic Time |
| 2:45 – 3:15 | Check-In (communicate with teachers as needed, make sure all work is completed for the day, utilize internet-based resources for review, extension of material) |
| 3:15 – 3:30 | Wrap-Up (connect with friends and family and create a to-do list of anything that was not accomplished today to start planning for tomorrow) |
| 3:30 – 5:30 | C2 sessions to support online learning and ensure continued success during a uniquely challenging time |

**Remember:** Your local C2 Education center is here to support your family during this time. C2 Virtual delivers the same expert test prep, tutoring, and college admissions counseling services we're known for in a face-to-face live online environment.

**C2education.com**