**Weekly Checklist**

1. Check school schedule & POST in a visible place
2. Be in communication with your child's teacher via e-mail or video chat
3. Running into trouble? Don't wait to ask for help!
4. Check for workspace organization & supplies
5. Set goals and celebrate the positive!
6. Spend time each week (aim for 2 hours total) outside exploring, exercising, and maintaining social connections

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**Morgan State University**

**School of Education and Urban Studies**

**The Village Schoolhouse**

[www.morgan.edu/seus/](http://www.morgan.edu/seus/)