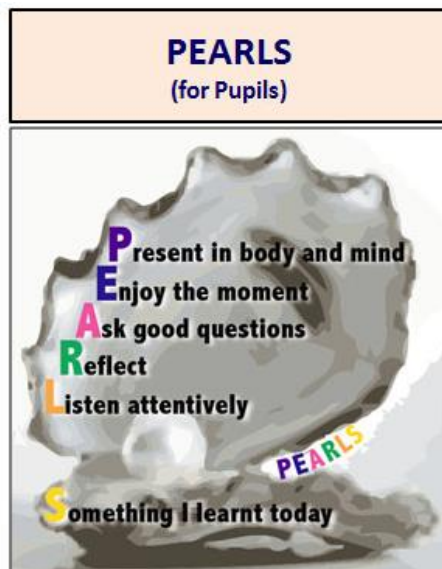




Paya Lebar Methodist Girls' School (Secondary) PEARLS Checklist for Home-based Learning (HBL)

Student's Learning Disposition: PEARLS



We recognise that appropriate learning dispositions are needed for deep engagement in learning. The following dispositions, represented by the acronym **PEARLS**, have been identified and promoted amongst the PL-Lites.

PL-Lites will be reminded of the **Expected Behaviours** before embarking on the day's learning

PEARLS

Present in body and mind
Enjoy the moment of learning
Ask good questions
Reflect on learning
Listen attentively
Something I learnt today

Action by PL-Lites:

Please tick the ☐ checkboxes when you have the Expected Behaviours for learning listed in the following table

PEARLS	Explanation	Expected Behaviours Checklist
<p><i>Be Present in body and mind</i></p>	<p>Concentrate fully on the task at hand in the learning moment. It requires the learner to arrest every stray thought and cultivate self-discipline and resilience through exercising own choice to want to learn</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Identify a suitable learning space. <ul style="list-style-type: none"> • Learning should not be done on your bed or in the bedroom where you will feel sleepy and too comfortable. Make sure you have plenty of room for the device you're learning on and an area to take notes/do writing work if required. • Clear your immediate working area of clutter and distractions so that you should be able to improve your focus. • Make sure that the room temperature is comfortable and that you are not too hot or cold. • Ensure there is enough natural lighting and not too much glare, or else you might end up with eye strain. • Find a peaceful and a quiet place to work without distractions from things like television, family, or roommates. <input type="checkbox"/> Consider ergonomics. Adjust the height of your chair, keyboard, and screen so that you are comfortable. Forearms and thighs should be level and parallel to the floor. Wrists should not be bent while typing. <input type="checkbox"/> Cut all music and choose appropriate music. When you're doing an online course you're most likely going to have videos to watch, so music is not always useful. But if you've got reading to do, an assignment to write, or notes to organise it might spur you on. Work out if music helps you, and then investigate if certain genres of music are better than others. Sometimes lyrics can be distracting so try searching for lyric-free playlists (we like the <u>Peaceful Piano</u> and <u>Music for Concentration</u> playlists on Spotify). <input type="checkbox"/> Be appropriately dressed, especially when there will be a Facetime opportunities in your learning. <input type="checkbox"/> Be respectful to your teachers and your friends. Do not eat during the face to face online lesson with your teachers.

PEARLS	Explanation	Expected Behaviours Checklist
<i>Enjoy the moment of learning</i>	Reminds learners not to take for granted the learning opportunity. It encourages learners to relate to the learning content and make it meaningful and relevant to life.	<input type="checkbox"/> Make a daily "To Do" list. Have fun checking things off the list as you complete them. It takes time to develop good habits, but you will gain satisfaction from being well-organized and accomplishing your tasks. <input type="checkbox"/> Relate what you are learning to what you have learnt before and to practical applications in real life. <input type="checkbox"/> Eat well to feed your body and mind. Make sure to eat a variety of foods from each group (proteins, carbohydrates, and fats) during breakfast and lunch. If you are feeling tired, you may snack on whole foods like fresh fruits, vegetables, or nuts to keep you energized between meals. You are advised to drink regularly and have liquid refreshment during the break.
Ask good questions	Reminds the learners to ask well-designed questions which reveal learners' insights, understandings, and applications of their learnings. This has to be supported by a classroom atmosphere grounded in trust.	<input type="checkbox"/> Use appropriate language for school. When communicating with teachers, write in full, grammatically correct sentences and with a respectful tone. <input type="checkbox"/> Read ahead and prepare questions for each class. Find out which chapter your teacher is covering in advance and read it before attending that lesson. In that way you become familiar with the material and can ask questions to clarify things you do not understand. <input type="checkbox"/> Ask questions at appropriate moments. Raise your hand (even during face-to-face apps) and wait for teacher to signal you to ask your question. Look at the camera to make eye contact when talking. The rest of the class should listen to the question, and avoid side conversations with other students.
Reflect on learning	Is a good habit that we want to promote to help learners make meaning of the learning content and get into the habit of linking and constructing meaning	<input type="checkbox"/> Write small tests and quizzes for yourself. Take some time to write some problems up, or you could ask someone to write them for you. Just remember, the more you encounter and think about the information, the more likely it is to stick. <input type="checkbox"/> Do your homework as soon as possible. Homework helps you review what you have

PEARLS	Explanation	Expected Behaviours Checklist
	from their experiences.	learned that day and prepare for upcoming quizzes and tests. Try to start doing on the same day, so you can ask the teacher just in case you need help.
Listen attentively	Refers to one practising good listening skills. This is necessary as the teachers provide students with information that is critical to their mastery of the learning content. Learners need to pay attention in class in order to receive the full benefit of class time learning.	<input type="checkbox"/> Get 7 to 8 hours of sleep. Sleep deprivation can negatively impact your ability to focus and make you less enthusiastic about learning. <input type="checkbox"/> Beware of multi-tasking. Do not surf the Internet. Uninstall any computer games to avoid temptation, or keep the games on a different computer in the house. Turn off your cell phone. Let friends and family members know the hours that you will be "at" school. <input type="checkbox"/> Use a highlighter to draw attention to important information or write your questions on sticky notes. <input type="checkbox"/> If you are struggling to raise a low grade, ask your teacher specifically if there is anything you can do to understand the work better. <input type="checkbox"/> Share learning with a few other friends online. <input type="checkbox"/> Be at your best during the learning and follow teachers' instructions throughout.
Something I learnt today	Reflecting on 'Something I learnt today' requires the learner to take stock of her learning for the lesson and revisit a new skill, knowledge or value that she picked up during the lesson. This reinforces sense-making and understanding.	<input type="checkbox"/> Keep a folder for each subject so you can easily pack and find things. <input type="checkbox"/> Review your notes when you have free time. Read over your notes whenever you get the chance to help you remember what you have written. <input type="checkbox"/> Summarise your learning in terms of a Acronym Rewriting your notes can also be helpful if you are taking exceptionally hard classes.

References

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<https://careerwise.minnstate.edu/education/successonline.html>

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