



**RULES TO FOLLOW FOR ONLINE LEARNING IN INTERACTIVE
MEETING PLATFORMS SUCH AS ZOOM**

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BEFORE CLASS PREPARE

BE DRESSED FOR CLASS (not bed time or swimming)

Please follow closely to the dress code that is appropriate for class. The reason? It is important to maintain a sense of normalcy, professional engagement and commitment to excellence and it shows respect for your time and the teachers' instruction. Getting "ready" will provide a formality to the online experience that might otherwise be missing!

- Be sure that you are able to login and operate the platform on your own or have a person there to assist with the technical aspects of the lesson. This is especially important for younger students.
- It may be advised, where space allows, to use an HDMI or other adaptation to project lesson onto a larger screen.
- Be certain you have camera and microphone capabilities whichever devices you choose. Please check technical aspects ahead of time. Test the spot you will be using in your home. Do you have optimal reception?
- Prepare a space in which you can perform the movements that may be asked in the lesson. Consider the dance style and plan accordingly. Push back furniture and set aside/protect items of value or fragile pieces. Check your surface and choose shoes and movements accordingly. For example, don't TAP on tile!
- Set the device at an angle where you can be seen fully; floor to ceiling. You may want to use painter's tape to spike the best place to stand and maybe a second spike mark for floor work.
- Please let other persons in the house know about your lesson or meeting time and prepare for a quiet space with no distractions. This includes securing all pets.
- If possible have a secondary device, from which you might access music in case there is too much lag in the audio once class has started. Air Pods or ear buds of some sort may help with sound issues.
- Have everything available that you might need for class and use the restroom BEFORE class time begins.

DURING CLASS FOCUS

Online learning CAN and will occur once the student and teacher relax into the nuances of the environment and technology. Online Learning has challenges that are inherent to the nature of the platform. This type of learning modality will not be the SAME and therefore, the expectations must be shifted. Think of the new skills we are ALL learning!

- If you have a parent or second person helping you with technology, their presence must not interfere with class progression. This includes corrections and comments being given by that person to the student participating in class. Our teachers THANK YOU, in advance for that very important measure of self-control.
- If there are two students or a parent and student online at the same time in ZOOM, there will be feedback for all participants. Please, as you are able, limit the in house logins to one device per family in the same ZOOM meeting space!
- Students should sustain focus and attention in class as in a Face-to-Face setting. This means no wiggling, spinning, walking away from the camera, etc. If the attention is not on you specifically, you may be practicing a correction or executing a stretch, strength or conditioning task that has been mentioned in class. (For example, stretching the foot or holding a point to an open position)
- Only unmute the microphone when asked to do so. Otherwise, use the RAISE YOUR HAND function or if you need to ask something, physically raise your hand...your teacher will call on you and you can unmute when instructed to do so.

AFTER CLASS RESTORE

TAKE TIME TO

Reflect on the class

Refresh your mind and body

Reconfigure your space

Remember to say

“Thank You”

to everyone who is supporting your
ONLINE LEARNING

- ❑ It is important that the student does not just dash away from class time to some regular activity or a chore or playtime. We must treat our online classes as our face-to-face, which means to take time and preparation to “get there” as well as “to get home.” A 5-15 minute period of continued privacy following class is suggested.
- ❑ All devices should be shut down properly, wiped clean and returned to their usual owner (if borrowed). It is important to treat these devices with care. Disconnect any cords that are not usually in place that might disturb the next person’s use of the devices. Return the cord if borrowed. For example, a borrowed HDMI cord from the living room TV might need to be returned to that device.
- ❑ Do not ever leave microphones or cameras open and do not stay in the platform if you are not supposed to be online for a class. If the host has not shut down the class, please tell an adult and text the host immediately to remind them.
- ❑ Home is now shared work space, living space and play space. Be respectful of all persons sharing space and return your dance space to the state it was in when you began. If you think you cannot remember, take a photo before you begin and then use it to restore the space at the end. If you have multiple lessons, then ASK the rest of your housemates if they are okay with leaving it set up for class!
- ❑ If the space needs to be used for other people, you may need to remove your spike marks that were preSet. ALWAYS ASK!
- ❑ Tell your housemates THANK YOU for their patience, adjustment of their own schedules and quiet space to support your learning. This is very important as we must continue to show thanks and respect!
- ❑ If you have recordings on the device that you will not need then delete them so they do not take up unnecessary space on someone else’s phone or even your own!
- ❑ Anything that you brought in to the space for class should be returned to its original place.

BETWEEN CLASS PRACTICE

Online learning is NOT restricted in the ability to have intellectual progress and creative stimuli take the forefront of the learning curve at this time. The online platform will not meet all of your needs; it simply cannot fulfill the physical, mental, emotional, and social needs that dance in a studio setting provides. How much do we take this for granted? See this as an opportunity to become a more well-rounded learner!

- Practice between classes will be a key success factors in these next weeks of online learning and rehearsal. Be sure to take advantage of the time you do have to keep moving and growing as a learner in dance!
- Follow the same guidelines for practice time as for class time! Placing practice time formally on your calendar and giving it that same value will yield even better results!
- Feeling lonely or unmotivated? Schedule a practice time with a friend (with parent permission and guidance only). This can be a great way to make time between class meetings to maintain direction and push for improvement!
- Connect with friends in on a non-dance topic and remember to value and protect these friendships. Be aware that this is a difficult time for everyone and for some people there is much anxiety to overcome. Watch out for student correcting and harsh comments that might not normally seem hurtful but across virtual divides can be mistakenly harmful.

LESSON REVIEWS

Keeping a
Journal can
really help
improvement!

- Make a journal just for COVID-19 Lessons
- Feel free to make journal entries in between lessons! It might be fun to look back.
- After a lesson make notes on what you remember as corrections.
- 3-2-1: 3 things you did well, 2 focus points for improvement, and 1 thing to perfect
- Use your Point of Perfection as your DAILY “practice for improvement” goal
- Record in your journal, the days and times you practiced; really FOCUSED on practice.
- Record in your journal, any questions you have for your teacher!
- Respect the privacy of a sibling who may also have a journal lying around in the practice area.
- Also share positive feedback with your siblings and friends who are going through this same awkward learning environment!

THIS IS NOT AN EXHAUSTIVE LIST OF PROTOCOLS TO FOLLOW AS THIS IS ALL ENTIRELY NEW GROUND. OUR ABILITY TO PROCESS INFORMATION AND OUR EMOTIONAL STAMINA IS OVERTAXED DAILY. THIS IS MERELY A GUIDELINE THAT CAN HELP US ALL REACH A MORE BALANCED STATE IN WHICH TO LEARN AND CONTINUE TO GROW UNDER THESE UNUSUAL CIRCUMSTANCES. PLEASE FOLLOW THESE AND ALL OTHER REASONABLE EXPECTATIONS THAT SUPPORT THE ONLINE LEARNING ENVIRONMENT. I THANK YOU, IN ADVANCE, FOR YOUR CONTINUED PARTICIPATION IN DANCE CLASSES AND YOUR PATIENCE IN NAVIGATING NEW PLATFORMS OF LEARNING.

MOVING FORWARD,

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