



region 4

Maintaining  
**MENTAL & BEHAVIORAL WELLNESS**  
*Virtually*  
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**Maximizing Structure in a Virtual Learning Environment**



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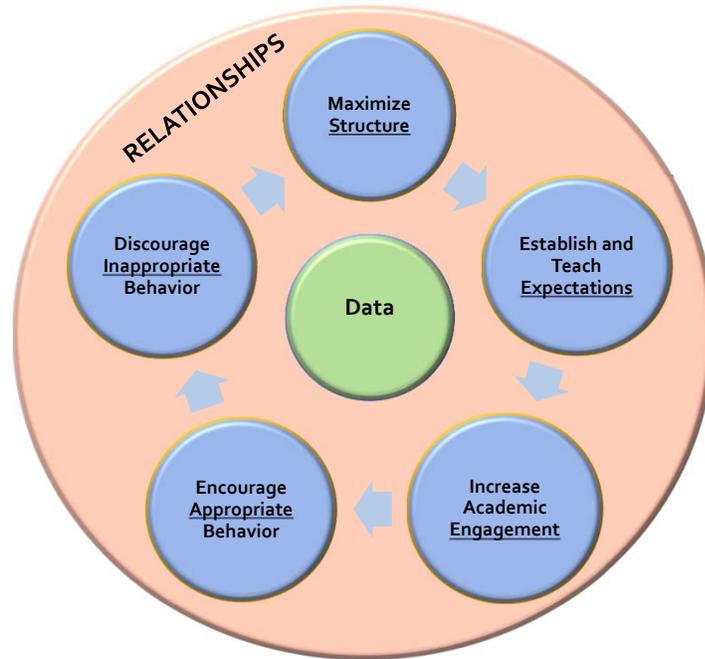
## Our Focus in This Session...

- Review of the 5 Evidence Based Practices (EBPs) of Class-wide PBIS
- Discuss the EBP of Maximize Structure
- Provide examples of what Maximize Structure looks like in a face-to-face learning environment
- Provide examples of what Maximizing Structure looks like in a virtual learning environment (during synchronous and asynchronous lessons)

## Considerations for Virtual Teaching/Online Learning

- Be patient and understanding to yourself and others
  - It takes time to adapt to any new situation
- Be mindful of the varied access to technology, materials and resources your students have.
  - consider having a plan to address families with limited or no access to technology
- Be sensitive to the fact that not all students will be comfortable showing their homes or themselves during the online learning
- Communication with all stakeholders is key
- Make sure to follow guidelines and directives from your district and campus leadership

## Principles of *Evidence based Practices in the classroom*



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### Physical Arrangement

- Decor
- Desk position
- Assigned Seats

### Organization

### Predictable Routines

Maximize  
Structure

- **During face-to-face learning, how do you want your students to “feel” about the learning environment?**
  - Organization
  - Safety
  - Welcoming
  - Comfortable
  - Cheerful
- **Are these the same feelings/qualities you want to convey during virtual learning?**
- **As you design your virtual learning lesson plans and teach virtually, keep in mind these qualities or feelings and determine the best way to accomplish them**

## Physical Arrangement

- What are important factors to consider when arranging a classroom?
  - The teacher can see all students.
  - All students can see the teacher.
  - Pathways facilitate traffic flow.
  - Students can see all demonstrations, presentations, white boards, etc.
  - Frequently used materials are easily accessible.
  - Students can easily be organized into groups.
  - Potential distractions

In a Virtual Learning environment, addressing the physical arrangement is very difficult and will not typically be a primary area of focus.

Which of these might apply in a virtual learning environment?

## Classroom decor

- In face-to-face learning environments, what is typically on the walls in a classroom?
  - Anchor charts
  - Expectations (academic and behavioral)
  - Calendar
  - Homework/assignments
  - Working clock
  - Place for school news
  - Student work
- In your opinion, which of those are **necessary/required**?
- For those items you noted as **necessary**, consider how to replicate their function in a virtual learning setting

**Ways to use/display items you feel are necessary such as:**

-Anchor charts  
 -Homework/assignments  
 -Schedules/agenda  
 -Expectations/rules

**\*Provide via email the information on pdf documents for students to look at or print out**

**\*Conduct a lesson with students on creating their own smaller versions of important charts or postings**

**\*Send information via email each time you review it to ensure they have it**

**\*Display a graphic with the information on the screen (either a digital version or a hard copy you have) multiple times and review frequently**

**\*At the beginning of a lesson review all necessary and/or important materials/items to prepare the students for what is coming during the scheduled learning time.**

## Organization in learning environments: The more, the better...

- Have a place for *everything*.
  - *May need to remind students what they will need during the lesson*
- Be a good model for your students.
- Keep frequently used materials stocked and accessible.
- A large part of staying organized is establishing and maintaining predictable routines in your classroom and/or during the virtual learning sessions.

## Predictable Routines

- What are routines?
  - According to Merriam-Webster:
    - Routine (n): *a. a regular course of procedure;*  
*b. habitual or mechanical performance of a procedure*
- Routines give your classroom *embedded structure*.
  - ***While they will look different, the same applies for virtual learning lessons***
- Remember, students do better in environments that are predictable and stable, and when expectations are clear.

## How do we ensure that students follow routines?

You must define each routine ahead of time.

You must teach each routine.

You must prompt students to follow routines.

You must reinforce behavior that follows routines.

You must evaluate effectiveness of routines and adjust as necessary.