

How distance learning or pandemic life has helped me develop the skill of ...

## Flexibility/ Adaptability

I had to get used to wearing a mask all day at work

I've gotten better at sending professional emails

I sold the business to someone else so I had to quickly adapt to first not having a job and go quickly into finding a job. I had to be very flexible during this time. I also don't have my babysitting job anymore with the pandemic going on so

I have adapted to a new schedule

I have adapted to the new learning schedule even though it was very different than what I am used to.

Because of the pandemic, I was able to grow my flexibility and adapt to the changing school environment. Also outside of school, I was able to adapt to my different work conditions

Skill of becoming more comfortable with technology as a teaching tool.

I had to get used to online school and learning from home.

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## Time Management

I had to learn how to space out my assignments to get them done on time and how to balance work, school, and other outside activities.

I have done most of my work right away instead of procrastinating.

I have learned how to balance out my schedule so I can work more but I still have to time to do homework

With the pandemic, I was forced to really plot my time out and get the work done when it needs to be done and not wait.

Because of distance learning I now have a job, so most days I have to make time for school, homework, work, and working out which forces me to work on my time management skills.

I had to manage my time a lot more. Such as, figuring out times I'm going to complete my work for each class.

Because of the pandemic I haven't had as much structure and have had to sort of create my own and honestly it has made me a much better student because I have better grades than I have ever had

With the shortened school, at first it made me feel like school was done so I could go do what I want. But I've learned a lot about how to use my time wisely after school.

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## Communication or Teamwork

I have taken more advantage of reaching out to teachers for help.

Since we aren't in person, whenever I don't understand a concept in school, I have reached out to teachers to set up zoom meetings or through email to get additional help.

during a math class on zoom, you have to be really specific with words you use because you can't always just show each others notebooks.

When quarantine first started I got a job at Dunkin, so I've had a lot of time to build and improve my communication skills with people.

finding ways to communicate on zoom when not everybody likes their camera or microphone on.

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## Self-Motivation or Goal Setting

I was able to go on lots of walks and do stuff outside

I was able to set a lot of goals at work since I want a raise and I want to be the best I set a lot of goals for work

I have had to become more self motivated during distance learning

When distance learning started I got much more in to working out, so I have been setting a lot of workout goals for myself and working my best to accomplish them.

I've had a lot of extra time at home because of distance learning that I've used to work on goals.

There was a lot more self-motivation that had to go into place for me when transferring to distance learning. It created a sense of more motivation.

At the beginning, I didn't have a lot of motivation to do much. But I learned how to set goals and make lists for myself to improve my productivity and learned new skills.

Self-motivation was a huge thing. I started to make more goals so I would get stuff done.

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## Responsibility or Independence

**distance learning has taught me to advocate for myself more**

**I have become a lot more independent**

**I learned a lot about making my own schedule and keeping track of all of my assignments/events.**

**I was able to save a lot of money**