

BUA REMOTE

A Guide to Remote Learning and Student Life at BUA



Ahead of the Curve

The strength of a community is measured in how it comes together in difficult or uncertain times. In the spring of 2020, BUA rose to meet — and exceed — the challenge of remote learning and student life due to the COVID-19 pandemic.

In March of 2020, BUA made the transition to remote learning virtually overnight. Teachers developed alternative methods to deliver their course material online through a combination of synchronous and asynchronous methods and utilizing a variety of technology and systems. The primary method of instruction in the spring 2020 semester was live Zoom video meetings, but some classes employed asynchronous learning methods such as pre-taped videos, online resources, or collaborative work. During the period of remote learning, BUA brought student activities to life online, and actively pursued opportunities for virtual student connection. The semester did not look or feel the same as if we were on campus together, but we weathered the crisis together. While the pandemic has been a test of our mettle, we have emerged from it stronger and more resilient. The crisis revealed what the BUA community is really made of: strength, compassion, resolve, tenacity, generosity, flexibility, and good humor.

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Best Practices and Expectations for Students



- All students are expected to participate in distance learning throughout the regular BUA school day (8:00 a.m. to 3:00 p.m.). Parents of students who are unable to participate in distance learning for a given period of time or who anticipate difficulties in the transition to remote learning should notify the school at academy@bu.edu.
- Establish a daily routine for your school work. Some of you may need to take on additional responsibilities at home or have limited access to a computer; be sure to talk to your family about when your classes will meet and communicate with your teachers if you cannot participate in an online session. Eating lunch in a regular time, using breaks between classes to get some fresh air and some physical activity, and keeping a regular work and sleep schedule will all support your academic work and your mental health.
- Do your best to find a comfortable, distraction-free place in your home where you can work.
- Check email and Blackboard daily (at least) to learn about the expectations for each class.
- Respond to emails from BUA teachers, staff, and administrators in a timely manner. You need to be more vigilant about this than ever!
- For synchronous or “live” class meetings, Zoom meeting links will be posted in the “Announcements” section of each course in Blackboard. Join the class via the link during the regular class time.
- Put forth your best effort and communicate with your teachers whenever you have academic questions or if you believe you are unable to meet class expectations.
- As always, students should adhere to the guidelines in the BUA Handbook and meet teacher expectations regarding the integrity of their coursework. If you are unsure about what these expectations are, ask your teacher.
- If you need help, ask a teacher, advisor, or other BUA staff.

Daily Schedule

As much as possible, BU and BUA will continue to follow the regular class schedule. All students are expected to participate in distance learning throughout the regular BUA school day (8:00 a.m. to 3:00 p.m.). Parents of students who are unable to participate in distance learning for a given period of time should notify the school (academy@bu.edu, or 617-353-9000) as they would for any school absence. Teachers will post all assignments, lesson details, and Zoom meeting links on Blackboard.

Teachers will be available in a Zoom class meeting for students during any normally scheduled teaching period, but students only need to attend for the scheduled synchronous meetings. Long blocks will be reduced to the regular 50-minute block.

Students may discover that without bells and peers nearby it can be difficult to keep to a schedule. We suggest that students print out a [blank schedule grid](#) and mark it carefully to indicate when “live” classes are, when assignments are due, when your teachers have “office hours,” etc. It is important to remember that the online format asks a lot of students physically.

Students should make sure that they stand up and move around regularly, drink water, eat a regular snack and lunch, and look around at the natural world and away from their screen when you are not in class time. If your parents have jobs that require a lot of computer time, you may discover that they have developed all kinds of strategies for getting through the online day. Use them as a resource! And share useful tips with your friends.

Monday	Tuesday	Wednesday	Thursday	Friday
A 8:00–8:50	A 8:00–8:50	A 8:00–8:50	ASM 8:00–8:50	A 8:00–8:50
B 9:05–9:55	Advising 9:00-9:20 C 9:30-10:20 C ^{long} 9:30-10:45	B 9:05–9:55	Class Mtg 9:00-9:20 B 9:30-10:20 B ^{long} 9:30-10:45	B 9:05–9:55
C 10:10–11:00	Acad BI 10:30-11:20 Lunch	C 10:10–11:00	Acad BI 10:30-11:20 Lunch	C 10:10–11:00
Lunch	AB 10:55-11:20 Lunch	Lunch	AB 10:55-11:20 Lunch	Lunch
9/10 Adv 11:55-12:05		9/10 Adv 11:55-12:05		9/10 Adv 11:55-12:05
D* 12:15–1:05	D* 12:00–12:50	D* 12:15-1:05 D ^{long} 11:50-1:05	D* 12:00–12:50	F 12:15–1:05
F 1:15–2:05	E 1:00–1:50	E 1:15–2:05	E 1:00–1:50	E 1:15-2:05 E ^{long} 1:15-2:30
FLL/Acad BI 2:15–3:05	F 2:00-2:50 F ^{long} 2:00-3:15	PE 2:15–3:30	F 2:00–2:50	Acad BI 2:15-3:05 AB 2:40-3:05
Seminar 2:25–4:15	Seminar 2:00–3:50		Seminar 2:00–3:50	Seminar 2:25–4:15

* D block EN65 and HI65 meet Monday, Wednesday, Friday 12:15-1:05 pm and Tuesday 1:00-1:50 pm; EN90 meets Monday, Wednesday, Friday 12:15-1:05 pm.

Student Support

BUA is committed to continuing to offer the following student support resources virtually. Contact Ms. Evans, Ms. Weiskopf, and Ms. Mansour with specific questions. BUA will be working with [BU Disability & Access Services](#) to ensure that all students are able to access and participate in the opportunities available as we move school operations online.

Advising and Class Meetings

Advisors will check in with each advisee at least once per week, via email, phone, or Zoom. Students should reach out to advisors via email with any questions or concerns.

As of now, Thursday morning class meetings for ninth, tenth, and twelfth graders will be canceled during this period. Students will be notified if this changes. Junior meetings will still occur remotely. Ms. Evans and Ms. Atkinson will reach out to students with more information on timing and access to those meetings.

Academic Block and Office Hours

Teachers will hold office hours each week either during the regular class meeting time or during other announced times (such as academic block). Teachers will create a Zoom meeting during these office hours and share the time and link with students. Students should be sure to use these times to clarify their understanding with teachers and advisors – they should not let themselves drift along and get more and more confused.

Peer Tutoring

Peer tutor/tutee pairs should check in with one another about their plans (Zoom meetings or another virtual platform mutually agreed upon at a fixed weekly time) and report back to Dr. Larash. You are welcome to email Dr. Larash or use this [form](#).

Writing Center

To make an appointment with Dr. Larash in the Writing Center, please email her. To make an appointment with Dr. Martinez, please use this [link](#). Prepare for the meeting by planning a specific focus for the discussion and, perhaps, being ready with specific questions. Be ready to share a document via Google Docs, if necessary. The link to the Zoom meeting will be in the signup confirmation.

Math and Science Help (MASH)

MASH will have posted weekly hours, as well as availability by appointment. Email Mr. Dent to schedule an appointment or ask a math question.

Proctored Open Study Halls (POSH)

The BU undergraduate tutors who administered POSH are now available on an appointment basis. Please email Ms. Evans if you are interested.

Learning Specialist

To make an appointment with Ms. Mansour, please email her. Please note that Ms. Mansour is able to meet with students via Zoom outside her previous hours. Feel free to suggest morning, afternoon or evening hours that may work for you, Monday-Friday, and Ms. Mansour will do her best to accommodate.

School Counselor

BUA School Counselor Stacey Weiskopf will be offering open office hours daily, Monday-Friday 1:00-3:00 p.m. Appointments are available by request as well. Students should email Ms. Weiskopf to inquire about scheduling a meeting outside of office hours.

Resources for Parents

[Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)

[Talking to Teens and Tweens About Coronavirus](#)

[5 Ways to Help Teens Manage Anxiety About the Coronavirus](#)

Technology Resources

Please contact Paige Brewster (brewster@bu.edu; 617-358-3440) if a member of your family has concerns about their ability to participate in remote learning and/or online community events due to limited or unreliable access to the internet or a computer.



- [Blackboard](#) for specific course information
- [Zoom](#) for video conferences
- [Zoom Tips and Tricks for BUA Students](#)
- Teachers will create links to meetings for students to join, but students can also create video conferences for group work via [Zoom](#) and [Google Meet](#)
- To test your computer's internet connection bandwidth, you can use [SpeedTest](#). Minimum recommended connectivity for Zoom is 1.5Mbps/1.5Mbps (up/down). Check [here](#) for other Zoom system requirements.
- [BU's Learning Remotely Guide](#)
- [Google Docs](#) and [Google Sheets](#) for sharing documents and group work. You have access to unlimited Google Drive storage space with your BU account.
- Scanning documents with your phone: Take a picture with your phone camera or use an app such as Office Lens, CamScanner, Dropbox app, FineScanner, or Scannable.
- You can easily access many [BU Libraries resources](#) online with just your BU username and password. For help with accessing library resources, please visit [askalibrarian.bu.edu](#).
- Students do not need a Virtual Private Network (VPN) to access any of the learning management systems, including Blackboard, that are commonly used across BU.
- As usual, students experiencing IT issues should email ithelp@bu.edu.

Free Access to eTextbooks

The BU Bookstore Barnes & Noble has made an arrangement to provide free access to eTextbooks through VitalSource. A link to VitalSource is available on the [B&N website](#).

Wellness Resources

- The mindfulness app [Headspace](#) offers a student plan (\$9.99/year). Email Paige Brewster if you would like to use your incidental grant funds for Headspace.
- There are opportunities to conduct [community service online](#).
- Take an exercise break! BU Fitness & Recreation Center is offering a free [How to Keep Moving Wherever You Are!](#) online video series and many Boston-area fitness studios are offering [live virtual classes](#) for free.
- [Staying Well During COVID-19](#)



- [Sargent Choice Nutrition Center website](#) for info on virtual offerings
- One-on-one virtual nutrition counseling through [Nutrition by Design](#) program
- [Virtual Nutrition Seminars](#) for your department or team
- [Sargent Choice Test Kitchen Blog](#) for recipe ideas
- [Microwave Meal Video Series](#) for quick-and-easy inspiration!
- [Virtual Nutrition Services page](#) for new virtual content and offerings

Virtual Student Clubs and Activities

In the spring of 2020, student clubs and activities came to life online. Here is a sampling of the opportunities offered:

Book Club

Each month, the BUA Book Club selected a book for group discussion. Titles included *Strange the Dreamer* and *Miss Peregrine's Home for Peculiar Children*.

Classics Declamations

A much-loved BUA tradition, Classics Declamation assumed a slightly different form this year. Students recorded their recitations digitally, from the comfort of their own homes. Winning declamations were shared with the broader BUA community.

Community Mindfulness

Every Tuesday evening, the Community Mindfulness group gathered virtually for 20 minutes of relaxing and unwinding - no experience necessary!

Conversations@BUA

Conversations@BUA provided an opportunity for students to come together for deliberate, respectful dialogue on important and sometimes controversial issues. Topics included: Essential Workers in America; Police Racial Violence; and Hopes and Reflections: 2020."

Cooking with Dr. Abigaña

Students joined Music Instructor Dr. Abigaña for online cook-alongs. Recipes included French onion soup and gumbo!

Family Multicultural Shared Recipe Book

In lieu of our in-person BUA Family Multicultural Dinner, families submitted favorite recipes representing their heritage, which we compiled into an e-cookbook and shared with our entire community.

Fitness Challenge

Students across all four grades competed in the BUA Olympics, a fitness challenge comprising a variety of event. Students logged their miles, squats, pushups and more to help win their grade a medal and fitness glory!

Philosophy Club

The BUA Philosophy Club continued to meet weekly in the remote learning period, tackling such topics as "The Philosophy of Science," "What Does it Mean to Say a Religious Claim is True," and "David Hume on Miracles."

Student Council Instagram

BUA's Student Council launched its own dedicated Instagram account, @bua_stuco, to promote virtual student activities and clubs, and as a forum for students to keep one another's spirits up while we weren't able to be physically together on campus. The Instagram account hosted weekly live interviews with BUA faculty and staff.

Trivia Night

Students, faculty, and staff went head-to-head in a battle for nerd glory with Zoom Trivia!

Who to Contact

For questions about:	Please contact:
Coursework, homework, meeting times, assessments	Your teacher
General academic questions or concerns	Your advisor
Access to technology for remote learning	Paige Brewster
A technology issue	ithelp@bu.edu

Student Support Services:	
Writing Center, peer tutoring	Pat Larash
POSH, University courses	Ellen Evans
MASH	Nick Dent
Learning support	Rachel Mansour
Social-emotional support	Stacey Weiskopf

Response to COVID-19

Boston University has taken proactive steps to minimize the spread of COVID-19 effective Monday, March 16, 2020, through the remainder of the spring semester. The key implications of this decision for the BUA community are as follows:

BUA and undergraduate classes will not meet in-person during this period. BUA and the University will limit or cease its in-person events, gatherings, or meetings for the duration of the academic year.

COVID-19 FAQs

Has BUA moved to remote learning?

Yes. BUA has moved course content and instruction online and classes will meet remotely from Monday, March 23 through the remainder of the spring semester. All assessments and exams during this period will also take place remotely. Details on BUA's remote learning plan can be found here.

What about BU classes?

BU courses will be taught remotely at their regularly scheduled times between Monday, March 16 and the end of the spring 2020 semester. The semester is not abridged; rather, students will be able to complete their academic work online. BUA students with questions about courses or academic accommodations for their BU courses should contact their professors or Ms. Evans directly.

What do I need to know to take my classes online?

Resources for students about learning remotely can be found on BUA's Remote Learning webpages and on the IS&T website. Students do not need a Virtual Private Network (VPN) to access any of the learning management systems, including Blackboard, that are commonly used across BU.

What if I don't have access to reliable internet or a computer at home?

Please contact Paige Brewster (brewster@bu.edu; 617-358-3440) if a member of your family has concerns about their ability to participate in remote learning and/or online community events due to limited or unreliable access to the internet or a computer.

COVID-19 FAQs, cont'd

What about sports and student activities?

All in-person meetings, including sports, performances, student clubs and activities, and community events between now and the end of the University's spring semester will be moved online, postponed, or cancelled. More details about which events will be cancelled, held virtually, or rescheduled to a later date will be communicated as those decisions are made. The BUA [online calendar](#) will also be updated to reflect these changes.

Which BUA events are canceled, postponed, or moved online?

In accordance with Governor Baker's and Boston University's mandate, BUA will not hold any in-person events, gatherings, or meetings between now and the end of the University semester (May 17). More details about which events will be cancelled, held virtually, or rescheduled to a later date will be communicated as those decisions are made. The BUA [online calendar](#) will also be updated to reflect these changes. Plans for BUA events that take place after the end of BU's spring semester (May 17), including Prom, Commencement, and Senior Dinner, among others, are necessarily in flux. We will continue to monitor the situation, and will notify our community as soon as we have additional information.

Is the BUA building open?

Unless there are extenuating circumstances, student and family access to the building has been restricted until the stay-at-home advisories from Governor Baker and Mayor Walsh have been lifted; any requests for individual access should be sent to academy@bu.edu, although families should be aware that BUA faculty/staff are not regularly staffing the building. For students who have items remaining in their lockers: those items left at BUA are safe and can remain in individual lockers until we receive further notice from the University that on-campus activities are permitted.

Given the presumed positive cases of COVID-19 in the BU/BUA community, what is the school's recommendation for helping to slow the spread of the virus?

In coordination with Massachusetts Department of Public Health (MDPH), BU Student Health Services and BU Occupational Health Services recommend that BUA students, families, faculty, and staff monitor their own health as well as the health of their family members for the following signs and symptoms: fever, cough, and shortness of breath. Should someone develop symptoms, isolate from others, call your healthcare provider, and ask for further advice. All individuals should closely follow best practices for hygiene including frequent and thorough hand-washing with warm soap and water; covering coughs and sneezes with an elbow or tissue; avoiding contact with others who are ill; and staying home unless necessary.