

# RHS Personal Learning Time (PLT)

## What is PLT?

It is a period of Instructional time each week set aside as “self-directed” time for students to learn with teacher support. Students are given choice and ownership over their learning. Staff facilitate a responsible learning environment by providing support if the students need help and encouraging undistracted/independent learning. Through PLT, students will develop skills such as questioning, communication, short-term and long-term goal setting, organization and time management, self-regulation and self-awareness. *The goal of PLT is to teach students the skills necessary to use unstructured time in a way that benefits their individual learning.*

MON	TUE	WED	THU	FRI
1st	PLT	PLT	1st	1st
2nd	1st	1st	2nd	2nd
3rd	2nd	2nd	3rd	3rd
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
4th	3rd	3rd	4th	4th
	4th	4th		

## Questions to guide students during PLT:

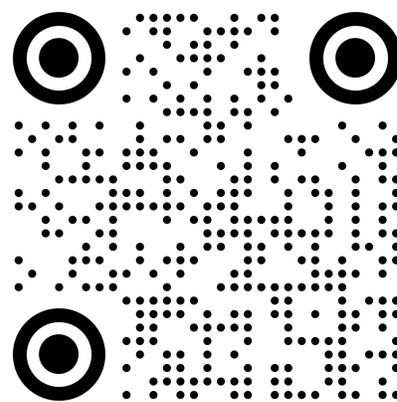
- ✓ What do I need to be successful in my classes?
- ✓ How is my mental health or personal wellness?
- ✓ Who can I see out for guidance or help?
- ✓ What do I not understand?
- ✓ What do I need help with?
- ✓ What do I wonder?
- ✓ How do I deepen my understanding?
- ✓ How can I help someone else?

## What can students do during PLT?

- ✓ Get help from teachers or peers
- ✓ Homework / assignments / projects / studying
- ✓ Manage personal wellness
- ✓ Prepare for upcoming tests / quizzes
- ✓ Request to catch up on missed tests / quizzes / assignments
- ✓ Engaged reading / journaling / reflecting
- ✓ Organize notes / binder
- ✓ Self-directed learning

## ***Sign Up for PLT***

Students will sign up for each PLT session using the **PLT Weekly Planner** site:



## Why PLT?

Student schedules are busier than ever with tutors, classes, teams, and groups. PLT encourages a healthy school-life balance as students are able to access support from their teachers during the school day.

During PLT, **teachers will not be teaching new material** or creating more assignments for students. The goal is support students in their current learning. Teachers will facilitate a responsible learning environment that fosters the development of the PLT skills noted above. **Teachers will be available** to students for individual or group support, but this time is self-directed learning time for students, and not teacher-driven.

Managing time and workload is often a challenge that starts in high school and continues long afterwards. PLT gives students the chance to practice their skills, by giving them ownership of their own learning and time. In order to be effective, they will need to learn to prioritize when and where to focus their efforts, and to make their own choices.

## How will the PLT work?

PLT will take place every **Tuesday and Wednesday from 8:30-9:30am**. The first couple of weeks of PLT are “training weeks”. Students get to choose what they will work on, but where they will work is assigned as follows:

First Week PLT		Second Week PLT	
Tuesday Sept. 12	Wednesday Sept. 13	Tuesday Sept. 19	Wednesday Sept. 20
A block space 8:30-9:30	E block space 8:30-9:30	Any of your 8 classroom spaces (ABCD/EFGH) 8:30-9:30	Any of your 8 classroom spaces (ABCD/EFGH) 8:30-9:30

For the rest of the year, students will decide what they are going to do and where they are going to do it during their PLT sessions. Each school space will have a sign-up.

**TUESDAY / WEDNESDAY**

*\*Attendance will be taken in all learning spaces.*

**PLT: 8:30 – 9:30**

*\*Students are expected to be in a learning space, working independently or collaboratively to pursue their educational goals.*

