

## Personal Learning Time (PLT)

### McMath Secondary 2021-2022

#### ***What is Personal Learning Time (PLT)?***

It is a period of time, twice each week, for students to have “self-directed” learning time with their teachers. This includes academic support as well as other educational opportunities for personal development. Students are given choice and ownership over their learning. The goal of PLT is to teach students the skills to use unstructured time in a way that benefits their individual learning.

#### ***Questions to guide students for PLT:***

- What do I need to be successful in my classes?
- What supports do I need to access during PLT?
- What skills do I need to develop further? What skills do I want to feel more confident in?
- Who can I seek out for help in my classes? Who can I seek out for help to develop more confidence in my skills?
- What do I not understand and need further help with?
- How can I deepen my understanding and my learning?
- What am I wondering about and who I can ask about my wonderings?
- What am I passionate about and want to learn more about?
- What strategies do I need to develop to maintain my emotional and mental well-being (eg. stress and time management)? Who can I seek out to help me self-regulate?
- How can I work or collaborate with my peers?

#### ***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

#### ***Why Personal Learning Time (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 skills such as questioning, communication, short-term and long-term goal setting, organization and time management, self-regulation and self-awareness. Teachers will be available to students for individual or group support.

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 PLT work?**

PLT will take place every Wednesday and Thursday from 8:30-10:15 am. We'll be easing into this in September, to establish a framework and clear expectations, with more flexibility and choice to come.

Week 1: Sept 8/9 No PLT

Week 2: Sept 15/16 PLT in Homeroom/Connexions Classes 9:25-10:15 (late start)

Week 3: Sept 22/23 PLT in any Block A, B, C or D space (two separate PLT blocks of time)

Week 4: Sept 28 PLT in any Block A, B, C, or D space (two separate PLT blocks of time)

Sept 29 PLT in any Block A, B, C, or D space 9:25-10:15 (late start)

Sept 30 Truth and Reconciliation Day – no school

**Week Three PLT**

<b>Wednesday Sept 22</b>		<b>Thursday Sept 23</b>	
<b>PLT1</b>	Any A, B, C, or D space <b>8:30 - 9:20</b>	<b>PLT1</b>	Any A, B, C, or D space <b>8:30 - 9:20</b>
<b>PLT2</b>	Any A, B, C, or D space <b>9:25 - 10:15</b>	<b>PLT2</b>	Any A, B, C, or D space <b>9:25 - 10:15</b>

For the rest of the year, PLT will be divided into two sessions from 8:30-9:20 and 9:25-10:15. Students will decide what they are going to do and where they are going to do it during those two sessions. A schedule showing when teachers are available will be published each month. Each school space will have a sign-up (TBD).

<b>WEDNESDAY/ THURSDAY</b>	
<b>PLT1</b>	<b>8:30 - 9:20</b>
<b>PLT2</b>	<b>9:25 - 10:15</b>

- \*Attendance will be taken in all learning spaces
- \*Students are expected to be in a learning space, working independently or collaboratively to pursue their educational goals