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1. Summary: What was the article about? What was the main point? Pro-tip, avoid using the first person (words like I, we, you, etc.) here.

Daisy Wademan Downling provides strategies on how parents can balance their professional careers and their children’s educational needs while telecommuting.

1. Why is this source useful or relevant? Why would you potentially use this for your research? (If you were conducting research on this topic)

The COVID-19 pandemic has left many families struggling to complete work responsibilities and help their children stay on task while under quarantine. The advice provided could help working parents adjust to this new virtual environment.

1. What conclusions are reached and how does this author support them? Find an example from the data presented that best illustrates that value of the source.

The main suggestions included: establishing boundaries at work, creating house rules, and asking for help.

1. Evaluation: How reliable is the source? Pro-tip: things to consider: Author's credibility, content & coverage, timeliness, accuracy and objectivity.

The information is timely since LAUSD recently resumed virtual classes. The author is the founder of Workparent, a consulting, training, and research firm and author of a forthcoming book.