

Helpful tips on how to help your child improve their

Super Study Skills

Organization

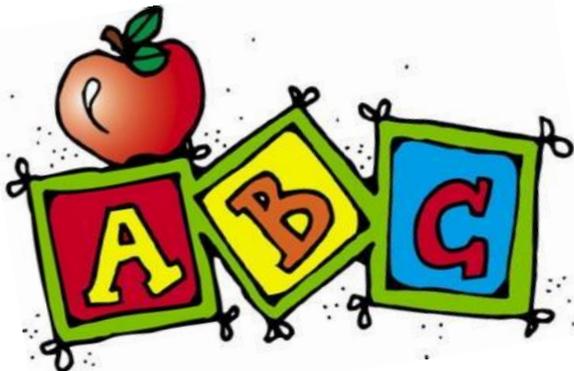
*Designate a place in your home for studying. This place should be clutter free, have good lighting and comfortable.

*Keep supplies stocked. Create a drawer or box that is stocked with pencils, glue, scissors, erasers etc. so that anything needed is right at hand.

*Keep a master calendar of all assignments, projects, tests, quizzes etc.

*Break down and schedule weekly study sessions (i.e. spelling words Monday and Wednesday, math facts Tuesday and Thursday).

*Encourage your child to check their work. Proofreading and editing are important skills to learn.



Concentration

*Learning how to pay attention, focus and concentrate are valuable tools that will make learning all throughout life successful.

*It is hard to pay attention and concentrate on an empty stomach. Make sure that a good breakfast, lunch and snack are provided before learning periods.

*Before starting or while taking a break, help your child use some simple stretching or yoga moves to get their mind and body ready.

*Think about when your child is most focused. Is it right after school or after a period of activity? Set that time as the regular study time.

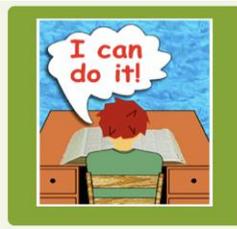
*Set specific time segments for homework. Break assignments down by task. Allow for a small break to refocus.

*Get the most difficult task or subject done first. This will help provide a sense of accomplishment.

Memorization

Some skills for school success require memorization.

- *When memorizing people or facts try to relate them to your life.
- *To memorize names combine them into a sentence.
- *Visualize a familiar place to pin ideas or facts, or map out items associated to a place in the house.
- *Create a story to memorize steps in a process.



Study
Skills for
School
Success

Test Taking Tips

- *Use flash cards.
- *Create timelines.
- *Make your own quiz and take it.
- *Quiz yourself with help from an adult or study buddy.
- *Do chapter reviews or use a study guide.

Handling Homework Frustration

- **Reread the instructions.**
- **Reread the section of the book related to the assignment.**
- **Take a short break.**

After School Tips

- *Start a routine of helping your child go through their backpack. Have them show you what is in there each day.
- *Look over their work together. Discuss the successes and where there can be improvement. This will also help you see what areas they may be struggling in and may need added support.
- *Have them talk through their assignments or projects so that you can see what they learned and how they are retaining it.