

GOOD STUDY HABITS

For the entire month of May, we are focusing on our Mind. This week we are understanding the importance of studying and how study habits truly help a child's learning skills and development. Many children hate the thought of extra work for school, but does his homework really stop when his homework is done? The answer is no! Practicing good study habits will help your child(ren) gain great strides in learning and retaining information. Encouraging your children to develop good

study habits from an early age is one of the most important things you can do as a parent. By demonstrating to your kids that it is important to value education and to work hard, you will help them develop a life-long love of learning and put them on the right path for future career success and happiness. The skills and values your children pick up from you will allow them to blossom into independent, self-motivated achievers. Below are 10 helpful tips to learn how to study better.

1. Get Organized. A planner can help your child keep everything organized and students should write down assignments, appointments and to-do lists.

2. Know the Expectations. Students shouldn't have any surprises when it comes to how and what they will be graded on. By middle school and high school, most teachers will provide a course outline or syllabus, which can serve as a guide for the semester.

3. Designate a Study Area. At home, studying in front of the TV won't be the best use of your son or daughter's time. Help your child by providing a quiet, well-lit, low-traffic space for study time.

4. Develop a Study Plan. First things first: students need to know when a test will take place, the types of questions that will be included and the topics that will be covered. From there, your student should create a study plan and allow ample time to prepare – there's nothing worse than cramming the night before an exam. You can help by buying a wall calendar and asking him or her to assign topics and tasks for each day leading up to a due date or exam. Setting goals for each session is also key to success.

5. Think Positively. Being in the right mindset can make all the difference. Encourage your child to think positively when studying or heading into an exam and by all means, avoid catastrophic thinking.



helping
children
to succeed

6. Create a Study Group. Working in groups can help students when they're struggling to understand a concept and can enable them to complete assignments more quickly than when working alone.

7. Practice Active Listening. It's important for students to concentrate and avoid distractions when an instructor is presenting. Some tips to share with your child include: try concentrating on the main points being made, think about what the speaker is saying and pay attention to how things are said (gestures, tone of voice, etc.). They should avoid talking or thinking about problems when listening. If

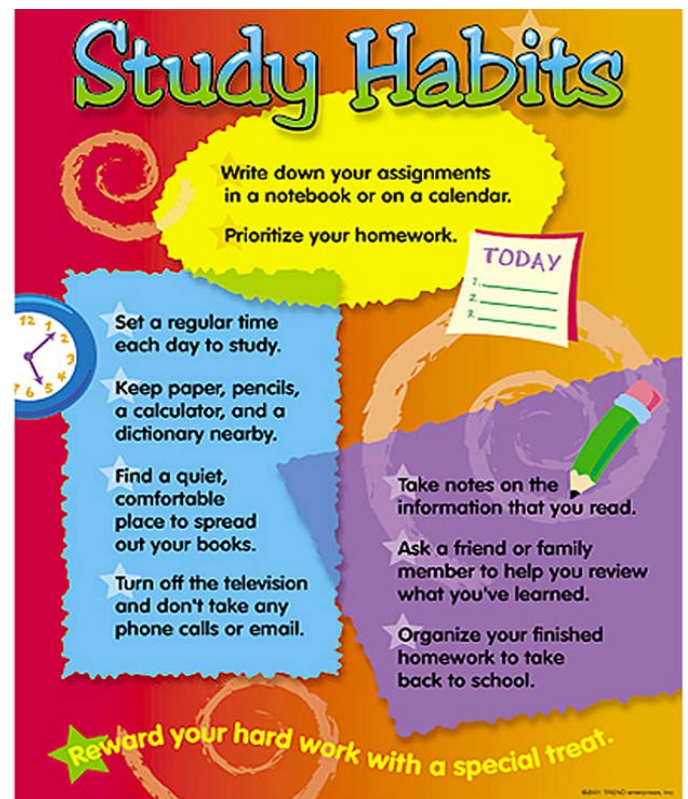
a teacher says "This is important" or "I'll write this on the board," there's a good chance students will see the concept on an exam.

8. Review Test-Taking Strategies. It is normal for your son or daughter to feel stressed when taking an exam. However, there are certain strategies that will help him or her manage the stress and do his or her best on the exam. Make sure that your child arrives on time and tries to stay relaxed, prepared, and organized.

9. Read Actively. It's all too easy for students to skim over an assigned book chapter and not know the main points of what they just read. Help your student to practice active reading by asking him or her to note the main idea of each passage and look up unfamiliar words or concepts.

10. Look to the Future. For some students, college and may seem like an intangible event in the very distant future, but in reality, these aren't so far off. Starting early can be an immense help in

navigating the college admissions process. Be sure to get organized, set goals with your child and have regular check-ins to assess progress.



FOR YOUNGER LEARNERS, TRY THIS...

- Begin introducing "academic" activities to your children as early as 2 year old.
- When your children begin receiving homework from school -- most likely during Kindergarten -- instruct them to set aside time right arriving home from school to complete their work.



FOR OLDER LEARNERS, TRY THIS...

- When your children begin developing independence, pull back a little from your involvement in work time.
- When your children are in 8th grade or high school, reduce your reminders of work time, and see how your children respond.
- As your children are exposed to more and more difficult material, teach them effective study strategies for dealing with the new workload.
- Even when your children are in high school and should be managing their own work, ask about upcoming projects/tests and inquire about their plan for completing them.

