

Study Skills for Successful Parents (and Students)



Three Parts

Organization

Time Management

Rewards



Time Management

The routine

- **Establish a study routine.**
 - Children should be in the habit of studying at the same time and in the same place each day. Decide on the study routine together, taking into account other activities, family commitments and favorite TV shows.

Write down on your notes what your family's study routine looks like on a normal night.

For the Day

- Designate a specific time that your child will complete homework each day
 - A rough guideline is about fifteen minutes/grade level
 - 3rd through 5th graders should have between 45 and 75 minutes of homework each Monday through Thursday

How much homework do your children have nightly? Write it down on your notes.

Manage Time for Homework

- Plan how much time to spend on each assignment
 - Give more time to the bigger/more important projects
- Help decide what order they complete the work
 - Will they do the important things first?
 - Will they save the easy assignments for last?
- Help them take 3 minutes to plan how to accomplish homework assignments and it will help them finish early.

Tips

- Have a designated time frame & location each day
 - Location should be free of distractions
- Have a plan to accomplish the tasks
- Finish the work without constantly getting up
 - Check each item off as it is finished
- If a child dislikes a subject, **find ways to make it less frustrating**. For example, set a goal of doing five math problems and then taking a stretch, listening briefly to music, or playing with a preferred game or toy.

Write down an idea to decrease your child's homework frustration.



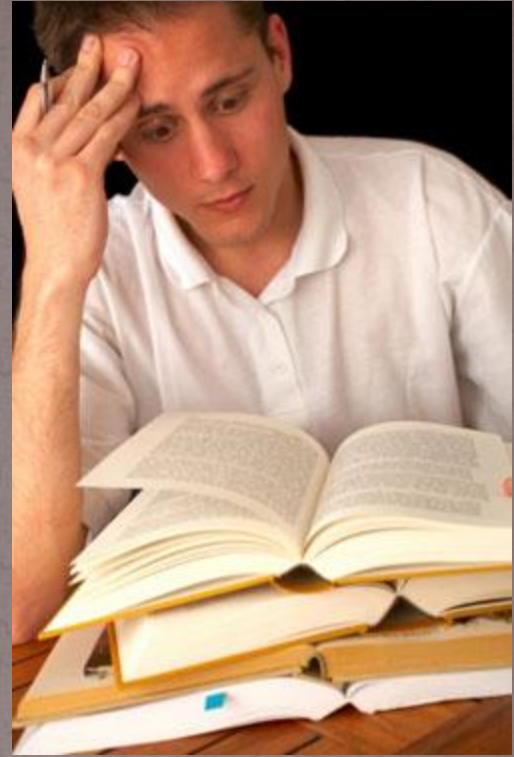
Organization

Organization at Home

- Designate Quiet Place to Complete Homework
 - Have all materials need to complete homework
 - Pencils, erasers, pencil sharpener, rulers, dictionary, calculator (for checking work), extra paper, crayons, glue, etc.
 - Flat work space to set books, assignment book, homework folder, and need materials
 - Friend phone list

Take a moment to jot down on your notes where your children study at home.

Rewards?



Steps to Manage Stress

- Reward your child for good grades and improving grades. Consider your child's preference in determining the rewards, but they don't need to be expensive. Going out together for an ice cream cone or calling a grandparent to tell them about their successes are examples of inexpensive but effective rewards.

Let's brainstorm ideas for rewards that would motivate your children.

Questions & Comments?

Organization

Time Management

Note Taking

Homework

Study Skills

Test Taking Skills

Stress Management