



# 7 TIPS TO HELP MY CHILD STUDY

# 1. CREATE A DESIGNATED STUDY SPACE FOR YOUR CHILD

Does your child have their own desk or workspace in an area of your home that is conducive to focused studying? Ask yourself if it's well-lit and away from other distractions. Keep helpful study supplies on hand in this area, like colorful post-its, a variety of pens and pencils, highlighters, and scratch paper.



## 2. ENCOURAGE THEM TO USE THEIR PLANNER

- Ensure your child knows how to keep a homework planner. Have them write down important due dates for homework and projects, especially if their teacher makes these dates known far in advance
- Prepare for important tests by helping your child break down the content and make a schedule for reviewing the material in the days leading up to the test.
- Break down big projects similarly by determining smaller milestones and working with your child to make a schedule for when they will have these components complete.



### 3. TAKE EFFECTIVE NOTES

Writing notes out by hand results in better retention.

Teaching your child to use active reading strategies—like taking notes or highlighting key themes and passages—is also very helpful for retention.



## 4. ENCOURAGE PRACTICE FOR TESTS

Simply reviewing content before a test isn't necessarily the best method to ensure your child is prepared for an upcoming test. Instead, encourage them to try more interactive approaches, like completing practice tests or using flash cards. Asking your child review questions and having them provide short essay-style explanations aloud can also be a great strategy to make sure they truly understand the material.



## 5. DISCOURAGE CRAMMING

Studying a little bit of a subject every day is much better for long-term retention than studying for a longer period of time a single day. Help your child structure a study schedule that will allow them to space out their practice on different subjects—as little as 10 minutes of practice a day can help! It's also important to encourage your student to break up their studying with smart breaks. Taking a 15-minute break once every hour can work wonders on keeping them focused and productive.



## 6. TEACH YOUR CHILD TO ASK FOR HELP

Perhaps your student is struggling with understanding a specific lesson in a particular subject or doesn't quite understand the night's homework assignment. When this is the case (and it happens to everyone at some point or another) asking for help is key. Teach your student how to bring up challenges early with a teacher and ask for help—and don't be afraid to bring up concerns with their teacher yourself either. Teaching your child how to build effective working relationships with other students and asking their peers for help is another important lesson in asking for, receiving, and offering support.



# AVOID DISTRACTIONS

Teach your child how to put their computer away and turn off all other devices that may serve as a form of distraction while they're studying. Multi-tasking also takes away from learning, so encourage your child to focus on a single subject for a sustained period of time before moving onto another subject.

Ensure that your child has healthy sleeping and eating habits in order to maximize their focus and make the most of time spent studying.

