



Helping children learn good study habits early will go a long way toward their success throughout their academic lives.

Try these educator-tested ideas to get your child on the right track and make your home “study friendly.” If you need more ideas specific to your child’s learning styles, don’t hesitate to consult with your child’s teachers.

Helping your teen study

Effective study time leads to success.



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Tips to share with your child

- Study a little bit every night.
- Avoid trying to study too long at one time. Take a break occasionally.
- Don't try to cram all your studying into the night before a test.
- Study in a well lighted, comfortable and distraction-free spot.
- Preview material.
- Focus on boldface words.
- Skim assigned chapters.
- Review questions, vocabulary lists, chapter summaries and objectives.
- Go over class notes and homework.
- Pay attention to review sessions. Ask your teacher what types of questions to expect on an upcoming test. If you don't understand something, ask.

• As you study, emphasize the major concepts of the test material. For example, learn key vocabulary words and have your parent or a study partner quiz you on them.

- Read sitting up, not slouched over or lying down. Good lighting is also a must. Light should come over your shoulder onto your reading material to avoid

shadows and glare. Avoid reading under a bright light in an otherwise dark room.

- If you can't read for a reasonable time without getting eyestrain or becoming tired or restless, you may have a vision problem. Have your eyes checked if there is a problem. If you already have glasses for reading, wear them.

If you have a problem

Not many students can say they don't have a tough subject or two.

- Ask your teacher or school counselor if there are tutoring programs available. Study with other students in your class.
- Take turns "teaching" each other what you're learning. Teaching is a great way to learn.

How to prepare your child for doing homework

You can help your child by selecting an appropriate work place.

- Select a desk or table that is in a quiet location.
- Select a work area that is well lit.
- Place needed supplies next to the desk or table.
- Keep the TV and stereo turned off.
- Minimize distractions.

Make sure your child keeps up with schoolwork. It's not only a better way to learn, but it also will build confidence and prevent your child from having to cram before a test. Besides, once your child falls behind, it's tough to catch up.



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