

# Good Study Habits

by Dr. Megan DeWeese

On a scale of 1-5, how confident are you with helping your child study?

- Type your response in the chat box



1



2




3





4





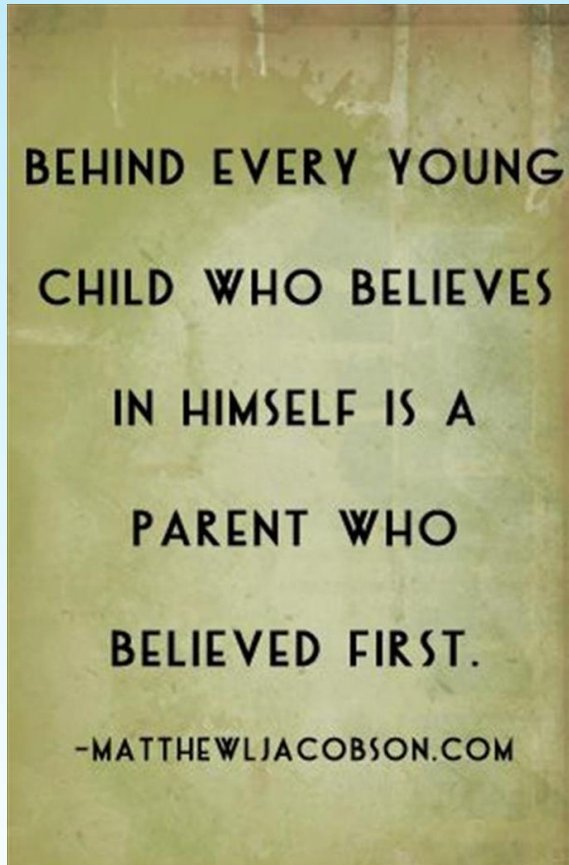
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# Adults are important in their child's education because...

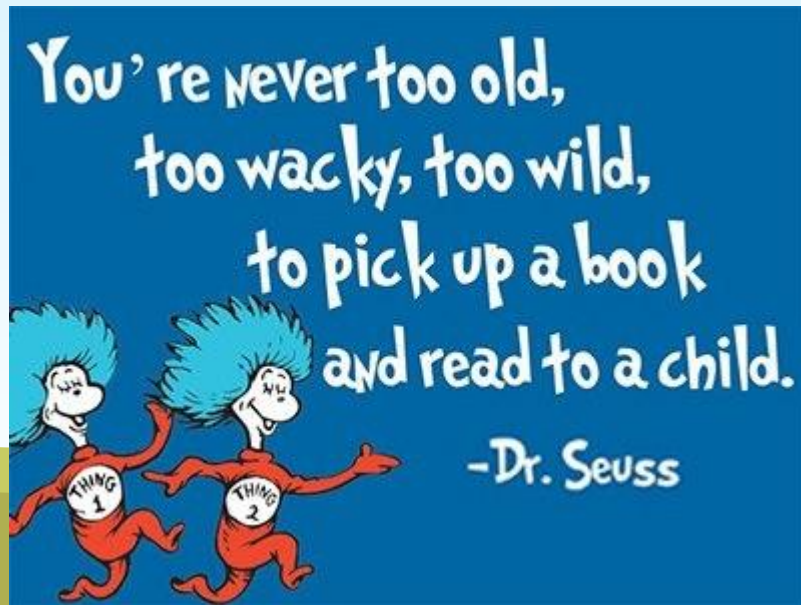



- They lay the foundation for a child's attitude about and towards school
  - They provide support, love, and encouragement towards their child's success
  - They help their child establish work habits that build towards academic success
  - They establish and set expectations for their child that aids them in becoming successful
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# Convey a LOVE of LEARNING

- Your child prioritizes what you prioritize
  - football or baseball teams
- Activities you do with your child communicates to them your values
- Read with your child DAILY to show that you value literacy and learning





# 3 ways to help your child be successful with study habits:

- Be predictable
  - Have a daily routine with homework/study time built in
- Be consistent
  - Don't stray from the routine unless necessary
- Have appropriate expectations
  - Ensure that the expectations for your child are age-appropriate
  - Model what you expect from your child



# Children NEED for YOU to set their routines

- The brain of a child matures daily, but the parts of the brain used for decision-making and planning are not mature until around age 23.
- You set routines for your child from birth (eating, napping, quiet time, bedtime, etc.) so they need for you to set routines for them
- Routines are predictable and let them know exactly what to expect and how each day will be





# Routines that are connected to learning and studying:

- Sleeping
  - 8-10 hours of sleep nightly so set a bedtime and wake up time that meets these needs
- Eating
  - balanced diet to have attention span and energy
- Exercising
- Electronics
  - limit amount of time children are watching TV, on devices, etc.
- Homework and study time
  - monitor homework and study time



# Studying and Homework Routine





- Help your child choose a study spot
  - Place:
    - Choose a place where he/she is able to write neatly and stay alert.
    - Study in the same place every day.
  - Light:
    - Use good overhead lighting that is not too dim but not so bright that he/she must squint.
  - Sound:
    - Find a quiet place where he/she aren't interrupted by others, the radio or TV, pets, siblings, or other noises.
  - Temperature:
    - Find a comfortable spot where you are not too hot or too cold.







# Studying and Homework Routine

- Help your child organize his/her study spot
    - Try to have all materials/supplies needed in that area so he/she won't have to walk around (could distract them)
  - Monitor your child, BUT DO NOT do the work for him/her
    - Even if your child cannot get the answer-send a message to the teacher-DO NOT do it for him/her--this will teach them develop independence skills such as how to follow directions, begin and complete a task, manage time.
    - Help him/her with time management studying
    - Discuss steps that are necessary for longer assignments
  - Don't stay up late trying to cram-review nightly with your child for big tests
  - Give practice tests
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# More helpful hints for helping your child study:

- Talk with your child about how to take a test.
  - Read instructions carefully
  - Keep track of time
  - Do easy ones first
  - Don't spend too much time on one question
- Talk about assignments.
  - Do they understand what to do?
  - Do they need help in understanding the assignment?
  - Do they have everything needed for assignment?
  - Does the answer make sense?
- Watch for frustration but be sure they're not just trying to avoid doing work.
- Give constructive criticism.
- Praise and encourage!!

## 101 Ways to Praise a Child

Wow · Way to go · You're special · Outstanding · Excellent · Great · Good · Neat · Well done · Remarkable · I knew you could do it · I'm proud of you · Super Star ★ · Nice work · Looking good · You're on top of it · You're catching on · Now you've got it ☀

How smart · Good job · That's incredible · Hot dog · Remarkable job · You're beautiful · You're a winner · You make me happy · Hip, hip hooray · You're important · Magnificent · Beautiful · Fantastic · You're on target · You're on your way · How nice · You're spectacular · You're darling ♡ · Super · Super job · Beautiful work 🌱 · Good for you · Nothing can stop you now · Dynamite 🚀 · You're fantastic · Awesome · You're precious · Fantastic job · You've discovered the secret · Bingo · Great discovery · You are responsible · You are exciting · You are fun 🎉

You're a real trooper · Marvelous · Terrific · You're growing up · Outstanding performance · You tried hard · You figured it out · What a good listener · You're a treasure · You mean a lot to me · You're a good friend ♥ · That's correct · A big hug · What an imagination · You learned it right · You're incredible · Now you're flying · Bravo · Beautiful · I like you · I respect you · You're sensational · Phenomenal · At job · Hooray for you · You're unique · You care · Creative job · You belong · You brighten my day · Super work · That's the best · You made my day · Say I love you! ♥ · Beautiful sharing · You mean the world to me · You're important · You've got a friend · You're a joy · You make me laugh · You're A-OK · my buddy · I trust you · You're perfect · You're wonderful · A big kiss · Exceptional performance · ps. Remember, a smile is worth 1000 words!

# Helpful Studying Tools

- Quizlet
- old-fashioned flash cards
- whiteboards/dry erase markers/ink pens/paper
- iReady
- DreamBox

*How to stay*  
**MOTIVATED**  
*while studying*

Change Pens 

Use Sticky Notes 

Take 15 mins Breaks 

Use Colourful Pens like Highlighters 

Study from Videos 

Chat with Friends about Studies 

Read instead of Writing; or Write instead of Reading 

Change Study Positions 

Make a Checklist & tick it off 

[www.theprettyprecitygirl.com](http://www.theprettyprecitygirl.com)

# Communicate with Teachers



- Partnership
- Know the expectations for student work/homework
- Ask questions if you don't understand-teachers love to help
- Ask the teacher how you can help your child at home
- Use the communication apps and resources
  - Bloomz, Remind 101, email, newsletters, agenda book, etc.
- Use PowerSchool to monitor your child's progress

Your turn...

- What do you use at home that is successful?
- What did we not talk about that you want to learn more about?



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