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# RESOURCES

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## And Tips for Homework and Study Skills from a Parent's Perspective

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### Spelling Words FUN!

The days of writing words three times each are gone. Though the method works well for some children, others need a multi-sensory approach to learn their spelling words. Try this method: Create a ring of cards or menu of fun choices a child can choose from to study spelling words. Use some of these or create your own.

1. Chalk writing on a board or sidewalk
2. Cheerleading letters by making the letters with your body
3. Air writing by writing words in the air with your finger and have someone guess the word
4. Write them on a white board
5. Pyramid letters
6. Rainbow writing with different colored pencils
7. Use a whisper phone
8. Record yourself spelling the words then listen to playback
9. Create a word search puzzle then find the words
10. Type them and make each word a different font-then perhaps email them to the teacher or parent
11. ABC order
12. Create "bubble" letters
13. "Back Writing"-use your finger to write each word on parents back, one letter at a time, and switch turns
14. Create "Squiggly Letters"
15. "Connect the Dots"-write words in dots, then connect the dots by tracing over them in colored pencil.
16. Finger spell the words using sign language.

Websites: [www.puzzlemaker.com](http://www.puzzlemaker.com)  
<http://www.unitykid.com/signlanguage.html>

### The Things I've Learned...

...so far. I've learned to respect that everyone is different in many different ways. The following are based on my own experience and my hope is to shed some light on homework from a perspective that is meant to support the emotional well being of the child and increase self esteem.

I believe strongly in promoting independence by gently guiding the child through homework and being a cheerleader. We should be involved and support the child in a way that enables us to identify what areas they understand and where they need support so we can communicate that information to the teacher. Be careful about reteaching and doing all the homework side by side so everything is correct because this can give a false impression to the teacher that the child knows the concepts. The teacher should be able to see the completed work and where the mistakes are happening. Remember to be your child's biggest cheerleader and acknowledge the things they do well. When the homework is appropriate with proper supports, it can be completed independently and he/she should recognize 90% of the content. It should match the child's ability to focus and sustain attention.

Monitor the length of time spent on homework and provide breaks for the child who needs them. One child might need an exercise, play, or snack break before starting homework, while another might need to start right away. Homework is important, but it should not come at the expense of missing out on quality family time, exercise, and proper rest.

I encourage you to communicate with your child and collaborate about what strategies work for him. The child will be invested if the idea comes from them. The idea should be realistic and work for everyone involved and that's where I encourage you to look up Dr. Greene's approach about Collaborative Problem Solving (see resources). This is a great method on how to have meaningful discussions with children of all ages and levels.

Please remember, homework is most effective when it increases fluency and automaticity without effecting the well being of the child. The handouts and resources provided come from professionals and many are evidence-based. When we work together and communicate collaboratively, students, parents, and teachers can have a positive homework experience.

Valerie Amaradio  
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## Study Techniques

- Create a "Cheat Sheet"
- Create a Game
- Flash Cards
- Red pen and holding visual above eye level helps the brain remember the information.
- Teach someone else. The child can play "Teacher" with a white board.

## Using Flash Cards

- Make two copies and play a matching game.
- Review each of them and make separate piles of those the child knows and doesn't know, then stagger the cards so they are two the child knows followed by one he/she doesn't know and repeat. This strategy allows for positive reinforcement and improving self esteem. When the child doesn't know one, he/she can repeat the answer 3 times out loud while looking at the card. This technique incorporates a multi sensory approach. Be sure to mix up the pile and adjust accordingly as the child learns more of the answers.
- Computer-generated cards can also enhance the learning process. Students can type a list to create question cards, cut them out, and fill in the answers by hand on the back side. [Tactile learners](#) benefit by using this process, as writing the answers actually becomes part of the learning process.

## Resources

Books: *Lost at School* and *The Explosive Child* by Dr. Ross Greene.

Websites: [www.livesinthebalance.org](http://www.livesinthebalance.org) and [www.lostatschool.org](http://www.lostatschool.org) This book is eye opening and teaches how to Collaborative Problem Solve with your child by finding out from them what works, doesn't work and finding common ground solutions that the child is invested in. For example, what we think might be the problem with homework, and what the actual problem is from the child's point of view, could be very different. What we think will help them, might not be what they need. This book teaches valuable life long communication skills.

Book: *Smart but Scattered* by Peg Dawson and Richard Guare The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential. "Boost any child's ability to: Get Organized, Resist Impulses, Stay Focused, Use Time Wisely, Plan Ahead, Follow Through on Tasks, Learn from Mistakes, Stay in Control of Emotions, Solve Problems Independently, Be Resourceful. Identify your child's strengths and weaknesses, Use activities and games and techniques proven to boost specific skills, problem solve daily routines such as studying for tests, etc"

Book: *Late, Lost and Unprepared- A Parents Guide to Helping Children* by Joyce Cooper-Kahn, Laurie C. Dietzel. Executive functions are the cognitive skills that help us manage our lives and be successful. Children with weak executive skills, despite their best intentions, often do their homework but forget to turn it in, wait until the last minute to start a project, lose things, or have a room that looks like a dump! The good news is that parents can do a lot to support and train their children to manage these frustrating and stressful weaknesses. *Late, Lost, and Unprepared* is a must-have book for parents of children from primary school through high school who struggle with: - Impulse Control (taking turns, interrupting others, running off)- Cognitive Flexibility (adapting to new situations, transitions, handling frustration)- Initiation (starting homework, chores, projects)- Working Memory (following directions, note-taking, reading and retaining info)- Planning & Organizing (completing and turning in homework, juggling schedules)- Self-monitoring (making careless errors, staying on topic, getting into trouble but not understanding why)

Book: *The Study Skills Handbook* by Judith Dodge. Primarily for grades 4-8, this "must have" book has chapters on Organizational Skills, "Active" Study Strategies, Self-Evaluation and Goal Setting, Time Management, and Learning Through Visualization. Plenty of reproducibles like Daily Checklists, Project Planners, and "Active" Study Strategies Lists are provided.

Book: *Study Skills for Students in Our Schools* by Stephen B. McCarney, Ed.D. and Janet K. Tucci, M.Ed.

"Study skills and instructional intervention strategies for elementary and secondary students." This book is a thorough list of sample resolutions to a child's difficulties in specific areas. For Example, if a child struggles to turn in homework assignments there are 42 suggested strategies listed to help the child like "Allow the student to perform a highly desirable task when his/her homework has been turned in to the teacher."



## Resources

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Book: *Homework, Organization and Planning Skills (HOPS) Intervention* by Joshua M. Langberg, PhD

This practical manual gives you evidence-based interventions for students who struggle with organization, time management, and planning skills. You'll get session by session instructions including a CD-ROM with printable forms, to help students achieve their full academic potential. This method is highly effective at improving organization skills, decreasing homework problems, raising grade point averages, and creating long-term successes. Successfully implement organization skills interventions • Use with students in grades ranging from elementary to high school • Help students with ADHD and problems with executive functioning • Apply to an individual, small group, or classroom setting • Translate skills learned into positive outcomes in the classroom • Involve parents to facilitate positive conversations about homework • Extend skills learned through the conclusion of the program

Website: The National Center for Learning Disabilities [www.ncl.org](http://www.ncl.org) provides information, resources, and referral sources for children and adults with learning disabilities. They also develop educational programs, seminars, and workshops and are active in advocating for more effective policies and legislation to help individuals with learning disabilities. (I have found many valuable tips on Homework strategies on this website)

Website: CHADD Children and Adults with Attention Deficit/Hyperactivity Disorder [www.chadd.org](http://www.chadd.org) CHADD is a non-profit, membership organization that provides support and services to individuals with ADHD. CHADD [chapters](#) are local groups comprised of volunteers who provide a variety of activities for individuals and families affected by ADHD. Activities may include support groups, community resource information, monthly meetings on topics of interest, outreach programs, and the opportunity to network with other adults, parents, and professionals interested in the many challenges of ADHD .

Website: <http://www.additudemag.com> This website has plenty of information and resources for children and adults with ADHD including many articles on homework and study skills. Even if your child has not been diagnosed with ADHD there are many concrete examples provided that can help any child with various different abilities.

Book: *In Their Own Way: Discovering and Encouraging Your Child's Multiple Intelligences*

by Thomas Armstrong Does your child have a favorite subject, activity, or hobby? Children learn in multiple ways, and educator Thomas Armstrong has shown hundreds of thousands of parents and teachers how to locate those unique areas in each of our children where learning and creativity seem to flow with special vigor. In this fully updated classic on multiple intelligences, Armstrong sheds new light on the "eight ways to bloom," or the eight kinds of "multiple intelligences." While everyone possesses all eight intelligences, Armstrong delineates how to discover your child's particular areas of strength among them. The book shatters the conventional wisdom that brands our students as "underachievers," "unmotivated," or as suffering from "learning disabilities," "attention deficit hyperactivity disorder," or other "learning diseases." Armstrong explains how these flawed labels often overlook students who are in possession of a distinctive combination of multiple intelligences, and demonstrates how to help them acquire knowledge and skills according to their sometimes extraordinary aptitudes. Filled with resources for the home and classroom, this new edition of **In Their Own Way** offers inspiration for every learning situation. (Thomas Armstrong spoke at a convention in 2006 and it opened my mind to the different ways that children learn) Website: [http://www.institute4learning.com/multiple\\_intelligences.php](http://www.institute4learning.com/multiple_intelligences.php)

Website: [www.parentingtips2go.com](http://www.parentingtips2go.com)

This website features YouTube radio broadcasts by Dr. Stacey Haynes. Dr. Haynes is a clinical psychologist and CEO of Little Hands Family Services in Turnersville, NJ. Her weekly radio show is featured on WNJC 1360 AM and has had discussions on many topics including: Help with Schoolwork, Preschool Years, Nutrition, Anxiety, and Understanding ADHD.

Learning Websites:

[www.funbrain.com](http://www.funbrain.com) This site features plenty of fun learning games like Math Arcade, Math Baseball, Math Connect the Dots, and Reading Arcade. There is even a Fun Brain Jr. app available.

[www.starfall.com](http://www.starfall.com) you can find phonics games and more on this site.

[www.spellingcity.com](http://www.spellingcity.com) can help with vocabulary, spelling words, and much more.

[www.coolmath4kids.com](http://www.coolmath4kids.com) is "an amusement park of math, games, and more...especially designed for fun, fun, FUN!". If your child is doing pre-algebra and over the age of 13, go to [www.coolmath.com](http://www.coolmath.com).

<http://www.gcls.org/ereference/homework-help> Gloucester County Library Homework Help page

[homeworktips.about.com](http://homeworktips.about.com) has more information on homework and studying, including more on using flash cards effectively.