

Tips for Parents: Navigating the Middle School Years

Students in Middle School are constantly experiencing change; physical, emotional, social and academic. All of these factors combined can create some stress and unrest at home and at school. Although they are growing up, many of them still need parental and adult guidance and assistance. Here are a few tips we think might be helpful:

***Use the student planner daily.**

Students should record all homework assignments in their planner daily. Parents can monitor assignments by checking the planner and Ed-line as necessary.

***Checking homework.**

Parents can check to see that homework assignments are being completed in a timely fashion. If students spend a little time every day on each class, especially for long-term assignments, it can save a great deal of time and stress the night before an assignment is due. This hold true for test preparation as well.

***Designate a Study Time and Place**

Work with your child to pick a time of day and place in your home where school work can be completed each say. It is important that study areas be well lit, comfortable and as free from distractions as possible.

***Create a Study Survival Kit**

It is a good idea for students who like to study in common areas of their home (ie: not at a desk) to have a supply of pens, pencils, extra erasers and any other tools necessary for completing assignments all in one place. Having all of these materials together will keep students from wasting time looking for them.

***Communicate, Communicate, Communicate!**

Communicate with your child as often as possible. It is important the students know that you are available to talk to them and listen when they need it.