

STUDY SKILLS
PARENT TRAINING
JANUARY 22, 2025
EAST ISLIP SCHOOL
DISTRICT





AGENDA

- In order to be a successful students, people need good study habits.
- What skills need to be worked on?
- How to develop good habits
- Understanding learning styles
- Time management
- Test taking skills
- Note taking
- Stress Management

THE POWER OF STUDY SKILLS

[HTTPS://WWW.YOUTUBE.CO
M/WATCH?V=P60RN9JEAPG](https://www.youtube.com/watch?v=P60RN9JEAPG)





FIND A QUIET PLACE TO WORK

Sit in a comfortable chair.

Avoid distractions.

*Play quiet music. It may
help!*

*Study with a parent or
sibling.*

Have supplies nearby.

WHAT'S MY CHILD'S LEARNING STYLE?

- https://www.google.com/search?q=learning+style+video&rlz=1C5CHFA_enUS918US918&oq=learning+style+video&aqs=chrome..69i57j0i22i30l6j0i390i512i650l3.6110j0j15&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:5465a7e5,vid:u_rmUkj9g0k,st:0
- <http://www.educationplanner.org/students/self-assessments/learning-styles>

Understanding your child's learning style will help them when studying and learning.

STUDY SKILLS

Take short but frequent breaks.

Relate what you are studying to things you already know. This will help you remember .

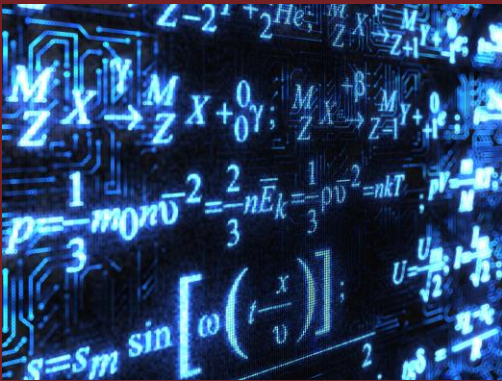
Start with the most difficult tasks to focus maximum brain power on things that are hard.

Then move to easier tasks.

Spend the most time on challenging subjects.

Periodic Table of the Elements

1 H Hydrogen 1.008	2 He Helium 4.0026																
3 Li Lithium 6.941	4 Be Beryllium 9.0122	5 B Boron 10.811	6 C Carbon 12.011	7 N Nitrogen 14.007	8 O Oxygen 15.999	9 F Fluorine 18.998	10 Ne Neon 20.180										
11 Na Sodium 22.990	12 Mg Magnesium 24.305	13 Al Aluminum 26.982	14 Si Silicon 28.086	15 P Phosphorus 30.974	16 S Sulfur 32.06	17 Cl Chlorine 35.453	18 Ar Argon 39.948										
19 K Potassium 39.098	20 Ca Calcium 40.078	21 Sc Scandium 44.956	22 Ti Titanium 47.88	23 V Vanadium 50.942	24 Cr Chromium 52.00	25 Mn Manganese 54.938	26 Fe Iron 55.845	27 Co Cobalt 58.933	28 Ni Nickel 58.69	29 Cu Copper 63.546	30 Zn Zinc 65.38	31 Ga Gallium 69.723	32 Ge Germanium 72.64	33 As Arsenic 74.922	34 Se Selenium 78.96	35 Br Bromine 79.904	36 Kr Krypton 83.80
37 Rb Rubidium 85.468	38 Sr Strontium 87.62	39 Y Yttrium 88.906	40 Zr Zirconium 91.224	41 Nb Niobium 92.906	42 Mo Molybdenum 95.94	43 Tc Technetium 98.906	44 Ru Ruthenium 101.07	45 Rh Rhodium 102.91	46 Pd Palladium 106.42	47 Ag Silver 107.87	48 Cd Cadmium 112.41	49 In Indium 114.82	50 Sn Tin 118.71	51 Sb Antimony 121.76	52 Te Tellurium 127.6	53 I Iodine 126.91	54 Xe Xenon 131.29
55 Cs Cesium 132.91	56 Ba Barium 137.33	57-71 La-Lu Lanthanides	72 Hf Hafnium 178.49	73 Ta Tantalum 180.95	74 W Tungsten 183.84	75 Re Rhenium 186.21	76 Os Osmium 190.23	77 Ir Iridium 192.22	78 Pt Platinum 195.08	79 Au Gold 196.97	80 Hg Mercury 200.59	81 Tl Thallium 204.38	82 Pb Lead 207.2	83 Bi Bismuth 208.98	84 Po Polonium 209	85 At Astatine 210	86 Rn Radon 222
87 Fr Francium 223	88 Ra Radium 226	89-103 Ac-Lr Actinides	104 Rf Rutherfordium 261	105 Db Dubnium 262	106 Sg Seaborgium 266	107 Bh Bohrium 264	108 Hs Hassium 277	109 Mt Meitnerium 268	110 Ds Darmstadtium 271	111 Rg Roentgenium 272	112 Cn Copernicium 285	113 Nh Nihonium 284	114 Fl Flerovium 289	115 Mc Moscovium 288	116 Lv Livermorium 293	117 Ts Tennessine 294	118 Og Oganesson 294
89 La Lanthanum 138.91	90 Ce Cerium 140.12	91 Pr Praseodymium 140.91	92 Nd Neodymium 144.24	93 Pm Promethium 145	94 Sm Samarium 150.36	95 Eu Europium 151.96	96 Gd Gadolinium 157.25	97 Tb Terbium 158.93	98 Dy Dysprosium 162.50	99 Ho Holmium 164.93	100 Er Erbium 167.26	101 Tm Thulium 168.93	102 Yb Ytterbium 173.05	103 Lu Lutetium 174.97			
104 Ac Actinium 227	105 Th Thorium 232.04	106 Pa Protactinium 231.04	107 U Uranium 238.03	108 Np Neptunium 237.05	109 Pu Plutonium 244.06	110 Am Americium 243.06	111 Cm Curium 247.07	112 Bk Berkelium 247.07	113 Cf Californium 251.08	114 Es Einsteinium 252.08	115 Fm Fermium 257.10	116 Md Mendelevium 258.10	117 No Nobelium 259.10	118 Lr Lawrencium 262.11			



TIPS FOR SUCCESS

- Study everyday
- Choose a time daily and be consistent
- Think of homework as practice, not work.
- Quality of study time, not quantity.
- Ask questions if you are not sure of something.
- After each study session, try to recall key details and main points.
- Reward when you are done studying.

ORGANIZATIONAL SKILLS

1. Use outlines
2. Use charts
3. Use flashcards



Create a planner to keep track of work, assignments, tests and projects.

- Organize by color coding, use separate folders and notebooks.
- Keep a "TO DO" list and write what you need in order to complete the tasks.
- Write down what can be done now and later.

What do I need to do? (List the steps in order)	When will I do it?	Check off when I'm done!
1. Choose the topic for my assignment	Tomorrow (Friday)	
2. Take out books from the library	Saturday	
3. Take notes from the books.	Sunday and Monday, for 30 minutes each day	
4. Organize my notes and brainstorm ideas.	Wednesday evening for one hour	
5. Make an outline of what I will say in my report.		
6. Write the first half of my report.		
7. Write the second half of my report.		



TIME MANAGEMENT

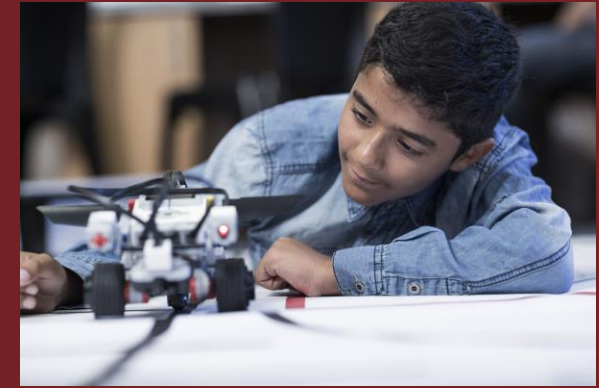
Develop	- Develop a plan in advance and adhere to the established schedule.
Define	- Clearly define your objectives.
Divide	- Divide the workload into manageable portions.
Avoid	- Avoid procrastination.
Stay	- Stay mindful of potential distractions and strive to minimize them.

ORGANIZING OUR LONG-TERM ASSIGNMENTS

- Think of a long-term project as a "mental movie"
 - One movie scene = one part of the assignment
- Break down the "movie" into manageable chunks!
- Write down all the important parts in your calendar
- Dedicate a certain amount of time to each task
- Check them off as you go!



TEST TAKING STRATEGIES



Please familiarize yourself with the various types of assessments and the appropriate strategies for each format, including essays, multiple-choice questions, and matching exercises.

There is no need to cram all your studying into one night.

Ensure you get sufficient rest the night before the assessment.

Stay calm. If you encounter a challenging question, it is advisable to skip it and return to it later.

NOTE TAKING SKILLS



Focus on the main ideas.



Use your own words.



Keep your notes organized. They will be just as important as the textbook when studying.



Review your notes everyday.

STRESS MANAGEMENT

1. Don't worry about the little things.
2. Prioritize and focus on the most important activities.
3. Exercise. It takes your mind off the things that are bothering you.
4. Take good care of yourself.
5. Eat properly and get enough sleep.





10 WAYS TO HELP YOUR CHILD DO BETTER ON TESTS

1. Review the subject matter together for tests.
2. Make sure your child gets a good night sleep before every test.
3. Serve your child a light, healthy breakfast on test day.
4. Have your child dress comfortably and arrive at school on time.
5. Send your child off to school with words of praise and support.



10 WAYS TO HELP YOUR CHILD DO BETTER ON TESTS (CONTINUED)

6. Suggest your child do deep breathing exercises to relax before testing begins.
7. Tell your child to follow directions carefully and ask questions if something is not clear.
8. Advise your child to skip the challenging questions.
9. Remind your child to check answers before handing in a test.
10. Encourage wanting to do well, but stress that one test won't measure all that your child can do.

THANK YOU

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