Supporting Student Academic Success



What are Academic Success Strategies?



- * Organizational Skills
- * Homework Tips
- * Test-Taking Strategies
- * Stress Management Techniques

Time-Management

- * Develop a routine for study/HW time each night.
- * Create a daily schedule of tasks that need to be completed. Prioritize work.
- * Chunk long-term assignments into smaller sections and plan weekly/monthly.
- * Large calendar can be used to plan out lengthy projects. Post in a visible area.
- * Identify time robbers, i.e. video games, cell phone, etc..

How to Improve Organizational Skills

- Help your child review the agenda book each night.
- * Organize materials by cleaning out folders/ backpack weekly.
- * As soon as work is completed put in book bag. Have designated spot for the book bag.

- Create a notebook system that is manageable for your child to use at school.
- Create a space at home for school work still needed, i.e. notes to keep for upcoming test.
- Have supplies easily accessible, i.e. stapler, 3hole punch etc...

Homework Tips

- Help your child find his/her best study space, accounting for sound, light, and place.
- * Check the agenda and teacher websites for current assignments and upcoming assessments.
- * Check the Sapphire Parent Web Portal; create an account or use the same account as last year.
- If your child's teacher is using Google Classroom or Blackboard, have your child access it and show you upcoming assignments.
- * Email your child's teachers if you have questions or concerns about assignments.



Remind Your Child of These Test-taking Strategies

- * Get a good nights sleep and eat a good breakfast.
- * Use positive self-talk. Stay calm and breathe.
- * Read all directions carefully prior to starting test.
- * Check your work before handing in the test.
- Look over all questions to make sure they have all been answered.
- * Take a short break if you feel stuck.

Test-taking Strategies Continued

- * Keep in contact with teachers to know when tests or quizzes are coming up to give your child enough time to study.
- * Determine how much information there is to study and how much time it will take to study for the assessment.
- * If possible, don't cram all the information for the assessment the night before the test.
- * Encourage your child to review notes before the test starts in class.

Stress Management Techniques

- Help your child set realistic goals.
- * Control how many activities your child is involved in.
- * Give constructive feedback.

- Encourage healthy outlets, i.e. exercise, music, art, writing, talking to someone, etc...
- * Keep a positive attitude about school.

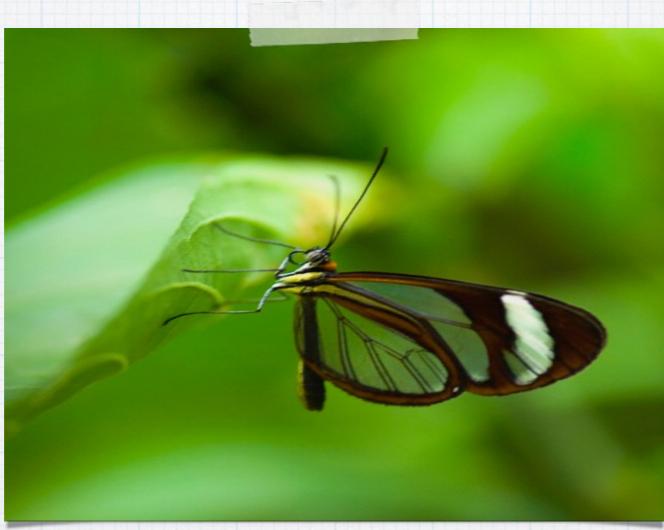
Who can My Child Come to for Extra Help?

- * Their teachers: Contact teacher for before or after school help.
- * School counselors: Have your child stop in when needed.
- * Older siblings or peers: often cheap or free and available!

- * You! Spend time with your child to go over their day and what needs to be completed.
- Outside Tutoring: if you need a tutor who is an adult, contact the Guidance Office for information.

Helpful Websites

- * www.howtostudy.org study skill tips.
- <u>www.kidshealth.org/parent/positive</u> articles with tips on doing HW, study skills, and other school and health related articles.
- * www.testtakingtips.com test taking and study strategy tips.
- * <u>www.how-to-study.com</u> study skills article for students and parents.



Questions? Please contact Tara Cooke at cooket@slsd.org or Brynne Rice at riceb@slsd.org