

Supporting Student Academic Success



What are Academic Success Strategies?

- * Time-Management
- * 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, 3-hole 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.
- * www.kidshealth.org/parent/positive - articles with tips on doing HW, study skills, and other school and health related articles.
- * www.testtakingtips.com - test taking and study strategy tips.
- * www.how-to-study.com - study skills article for students and parents.



Questions?
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