

STUDY SKILLS for Parents and Students

September 22, 2022

Homework vs. Studying

- Homework is ...
 - practicing one skill
 - reading
 - becoming familiar with material
 - increasing understanding



Homework vs. Studying



- ❑ Studying is ...
- ❑ committing facts to memory
- ❑ analyzing how facts relate to previous facts
- ❑ recognizing similarities and differences

Studying must be...

- Active
- Often
- Reflective

Studying must be...

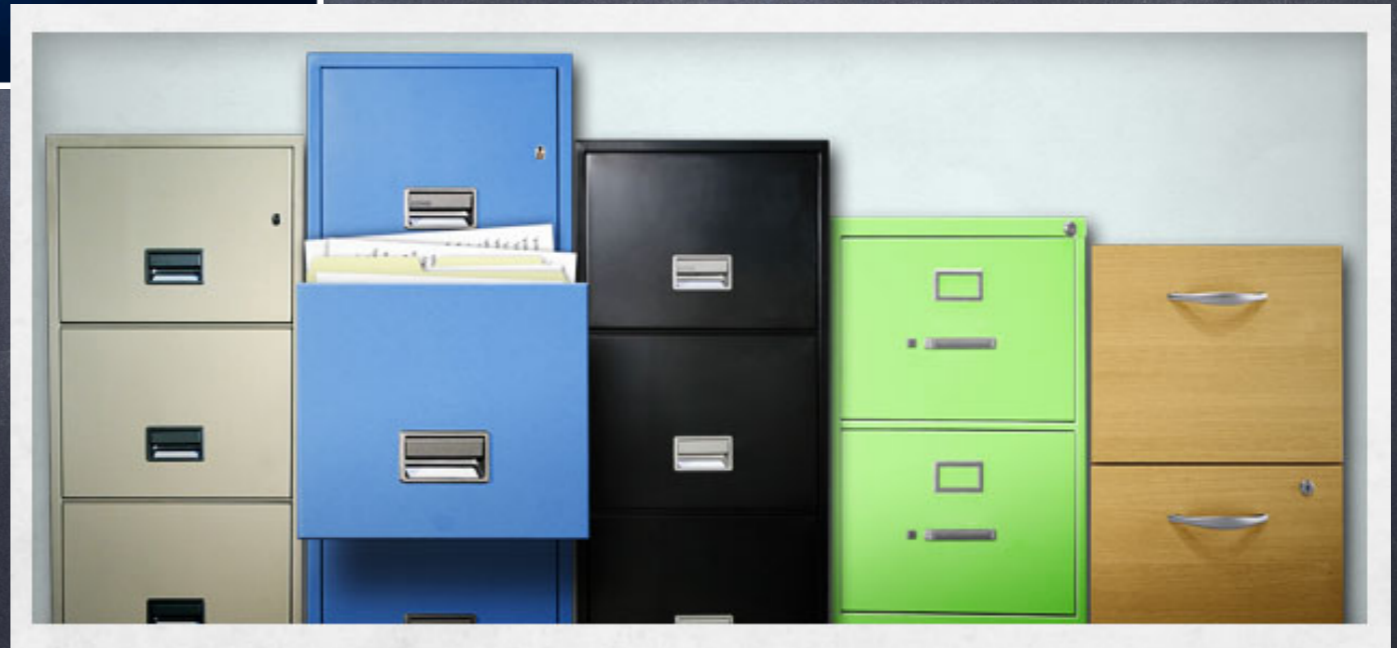
- ① Active

- ② building student's
memory

- ③ parent = coach



Long-Term Memory



Morning, Afternoon, Evening and Night Labels

Morning



Afternoon



Evening



Night



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Need a
FOCUSED, ACTIVE
brain
to study effectively

time timer



sleep

20 + 5 + 20

VISUAL

AUDITORY

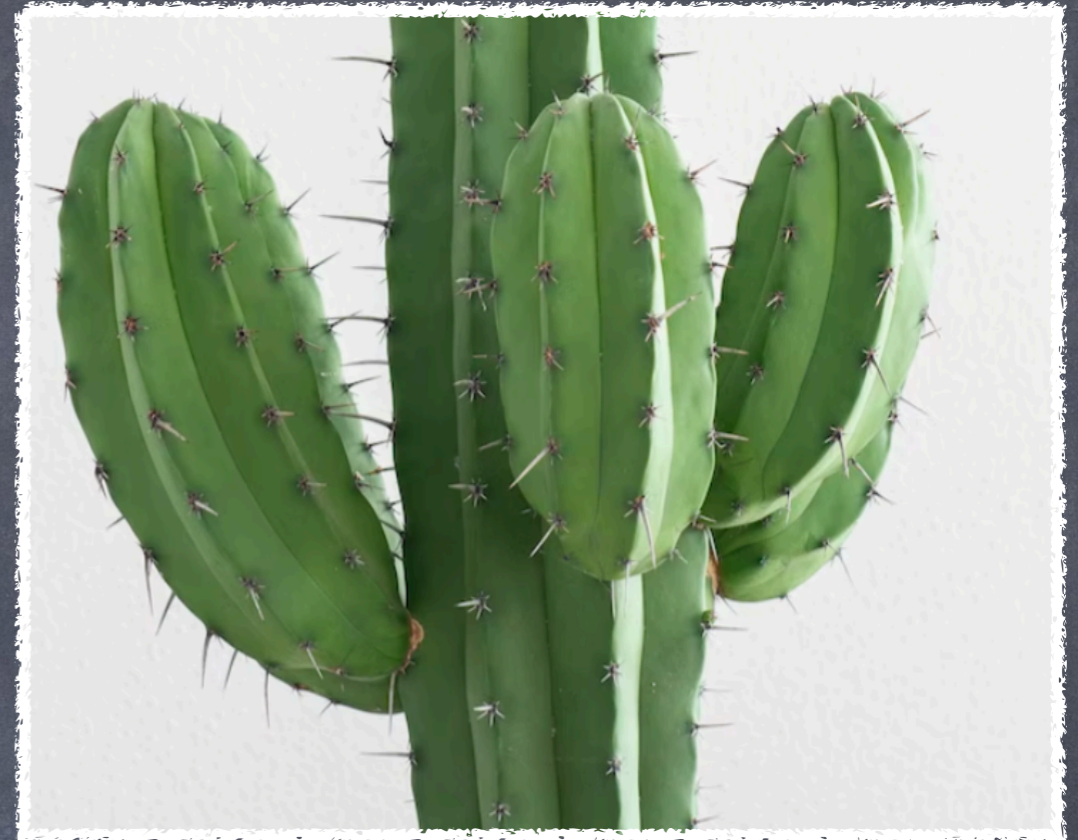
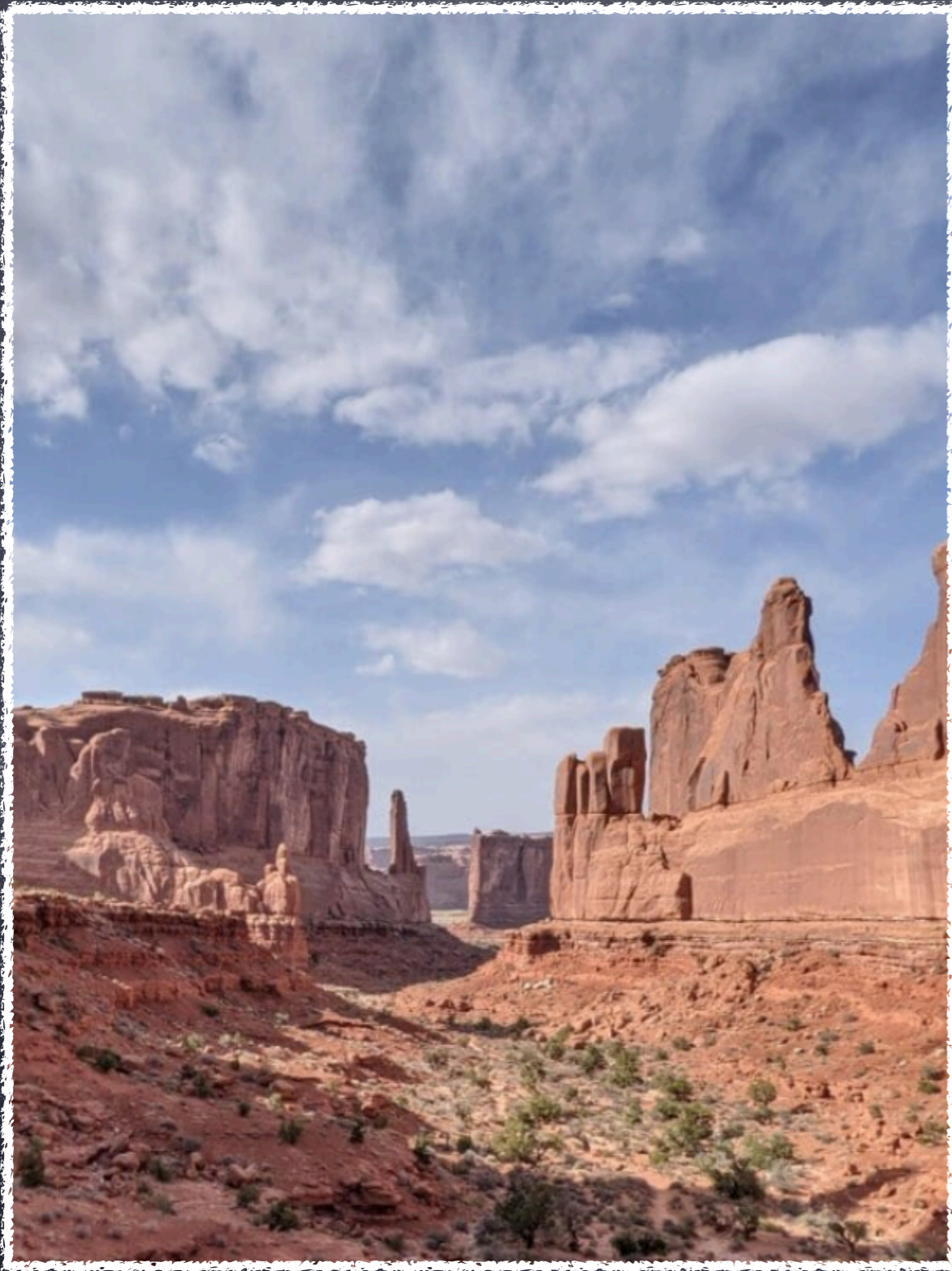
USE ALL THE SENSES

MOVEMENT

ecosystem

- an environment where living and non-living things interact
- an _____ where _____ and non-living things _____
- an _____ where _____ and _____

- An example of an ecosystem is ...



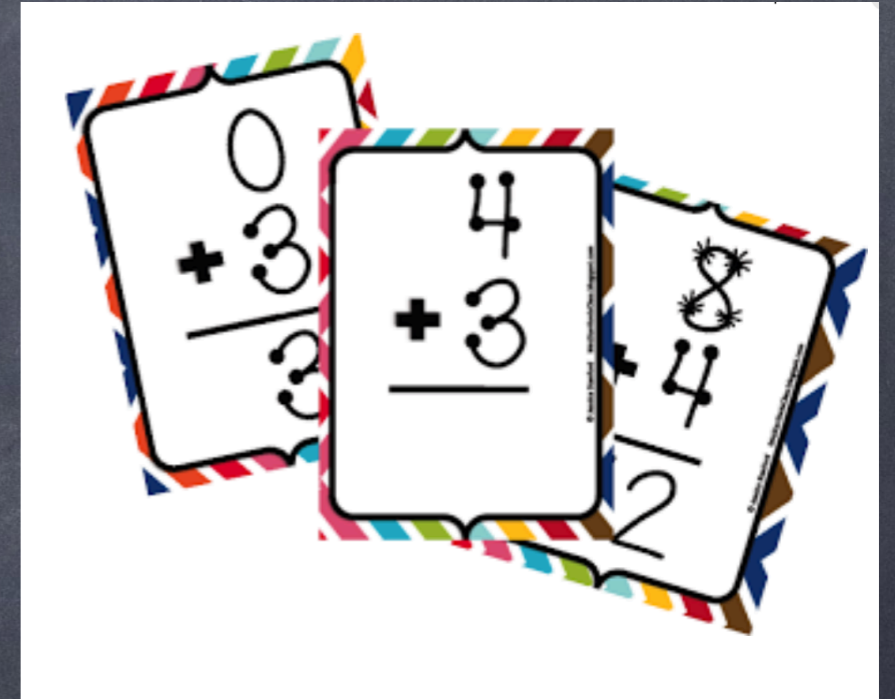
Ecosystems for Kids



Math Facts

Multi-sensory Approach:

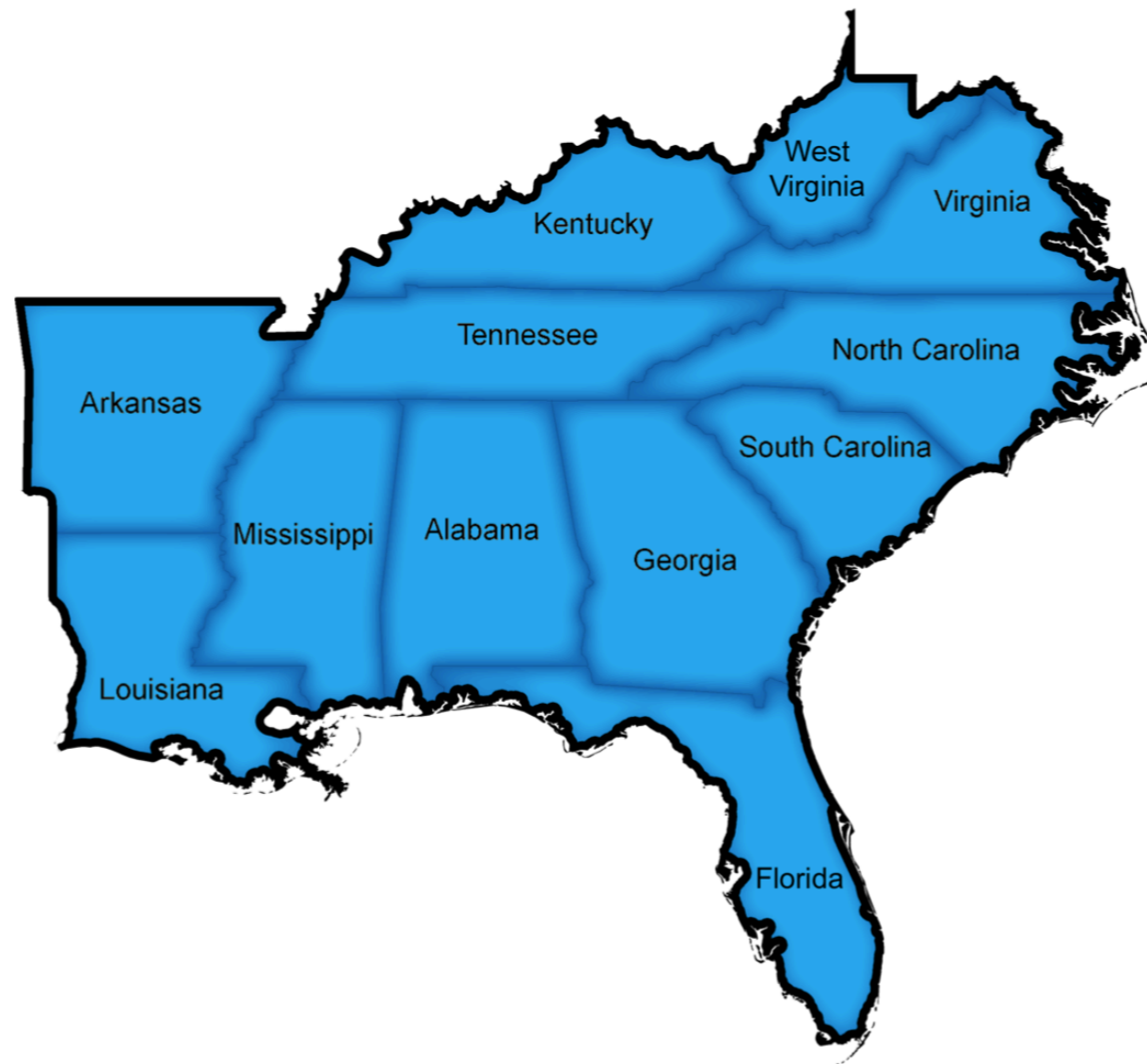
1. Write Facts - on whiteboard, on paper, on window/mirror
2. Flash Cards - recite, play a game, practice with grandmama (ring flashcards / math facts fortune teller). Go to: <http://www.k12mathworksheets.com/subject/flash-cards/> for free printable.
3. Make Use of Magnetic Numbers - a tactile way to practice math facts
4. Roll Dice - use 2 die to add/subtract/multiply numbers on the face of the die
5. Use Counters - M&M's, pennies, blocks
6. Use Technology - Big Math Flash Cards; Math Kids - Add, Subtract, Count; Rocket Math



Alabama History

WHERE IN THE WORLD IS ALABAMA

ALABAMA & ITS NEIGHBORS

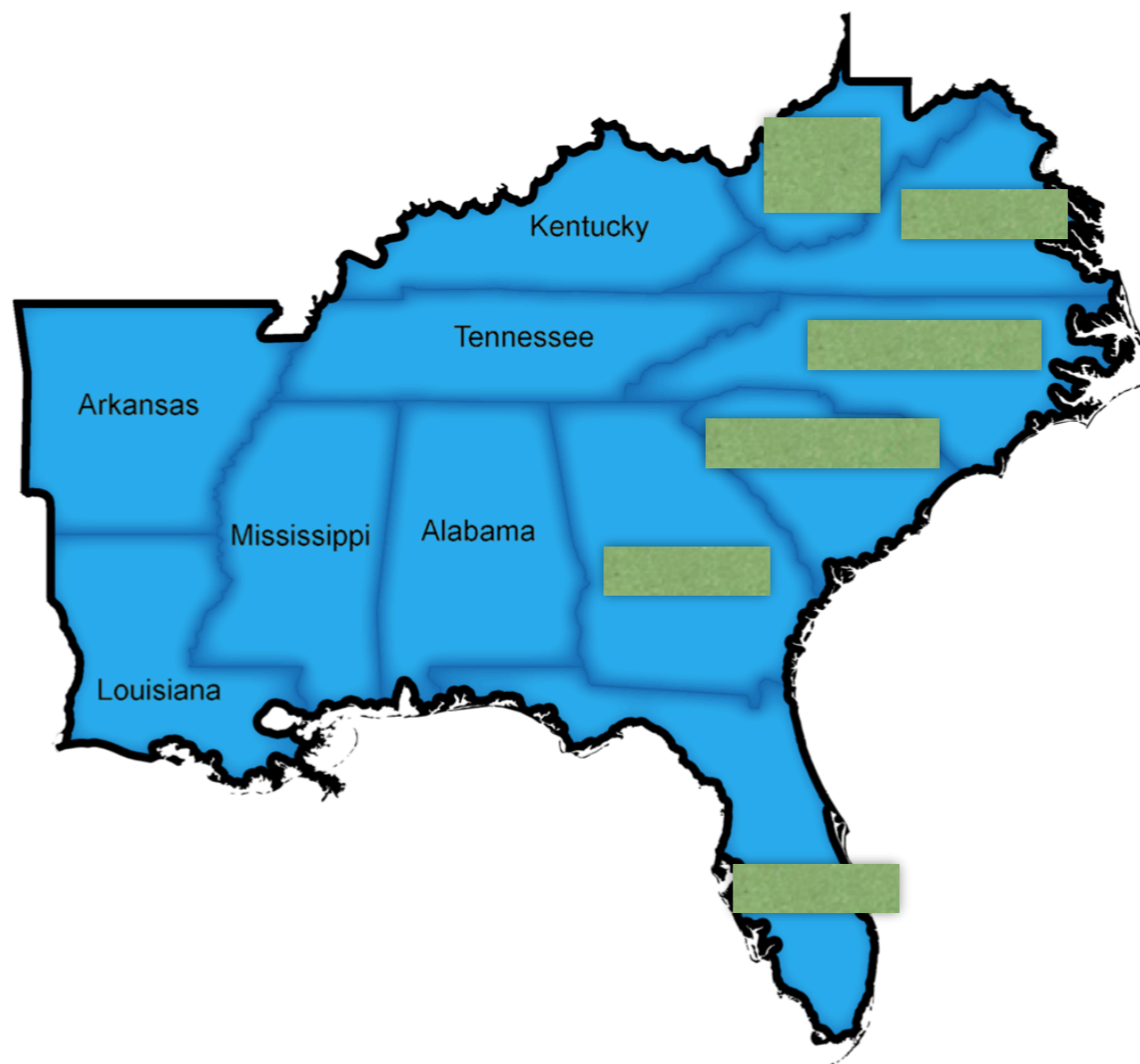


Multi-sensory Approach:

Group Information - break big pieces of information into small groups



ALABAMA & ITS NEIGHBORS



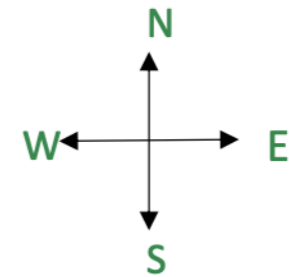
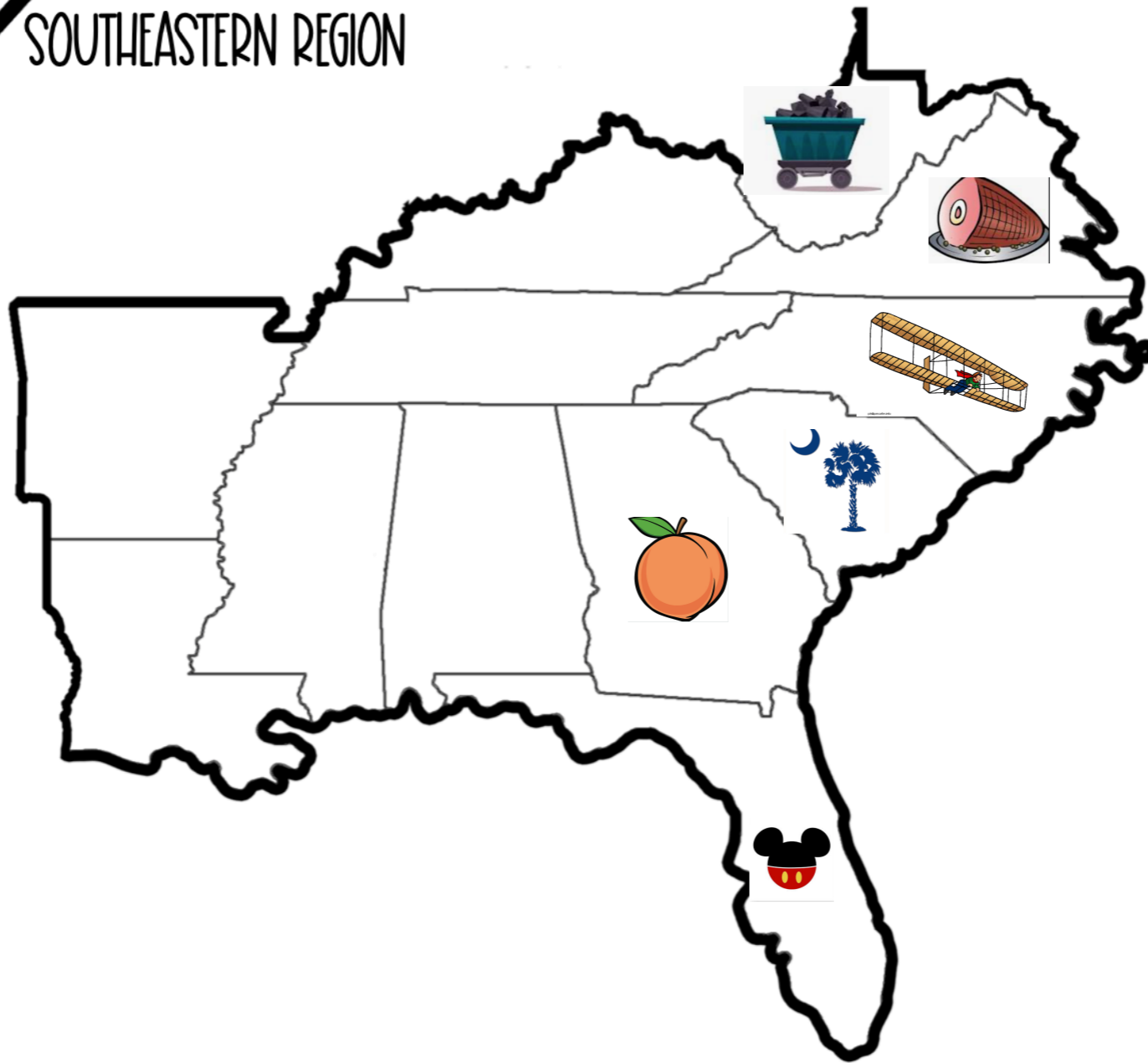
Multi-sensory Approach: Create Visual Representations



ALABAMA & ITS NEIGHBORS



SOUTHEASTERN REGION



Multi-sensory Approach:

Create a Memory Reminder - a story or a song

ALABAMA & ITS NEIGHBORS



West Virginia, Virginia, NC, SC, Georgia, Florida, Alabama

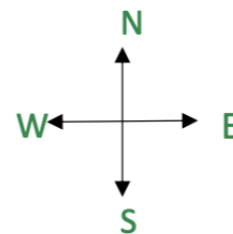
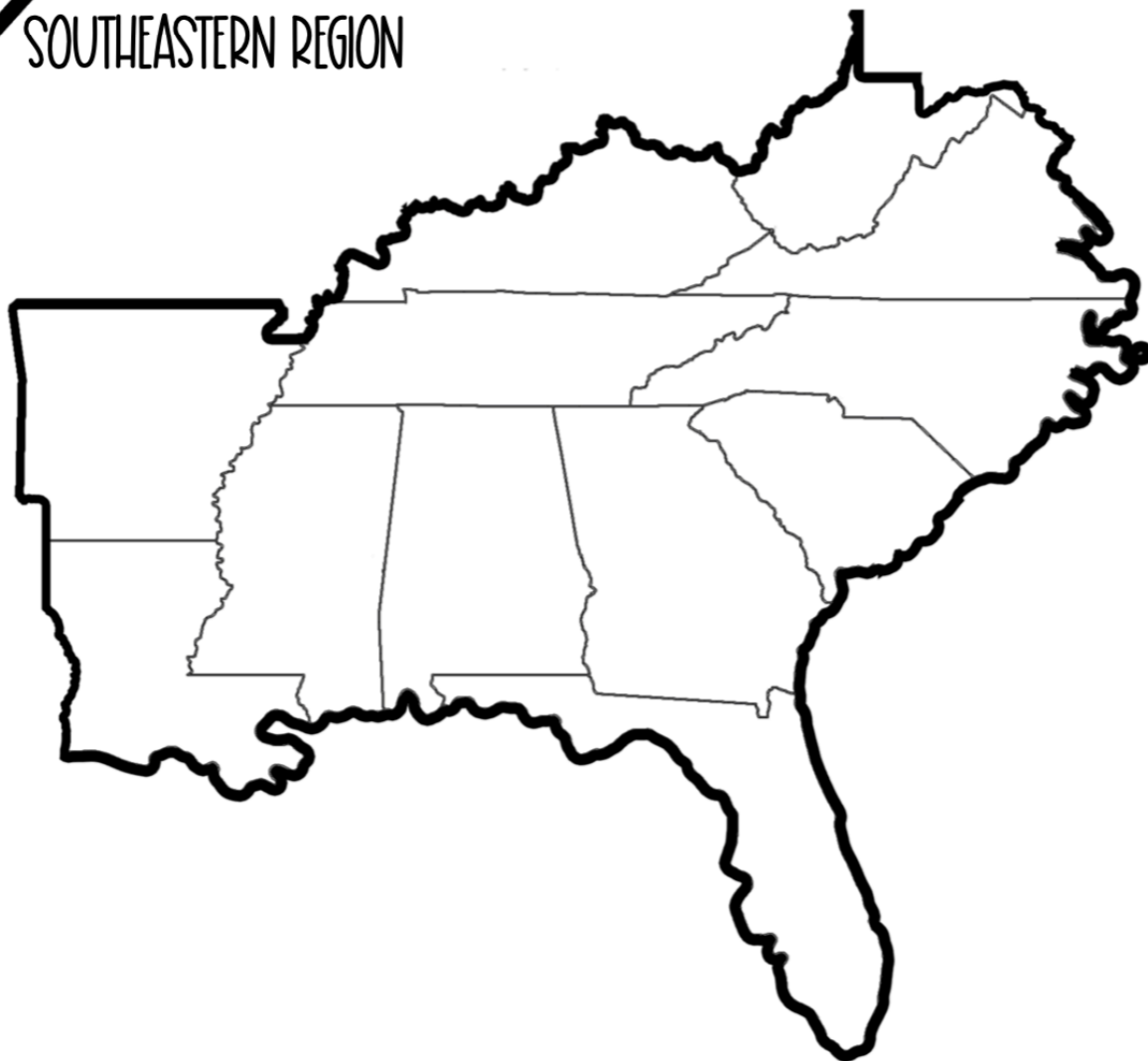
Multi-sensory Approach: Label / Match



ALABAMA & ITS NEIGHBORS



SOUTHEASTERN REGION



Alabama
Virginia
Georgia
Kentucky
Tennessee
South Carolina
Gulf of Mexico
West Virginia
Mississippi
Louisiana
Florida
North Carolina
Arkansas
Atlantic Ocean

Studying must be...

- Often

- repetition matters

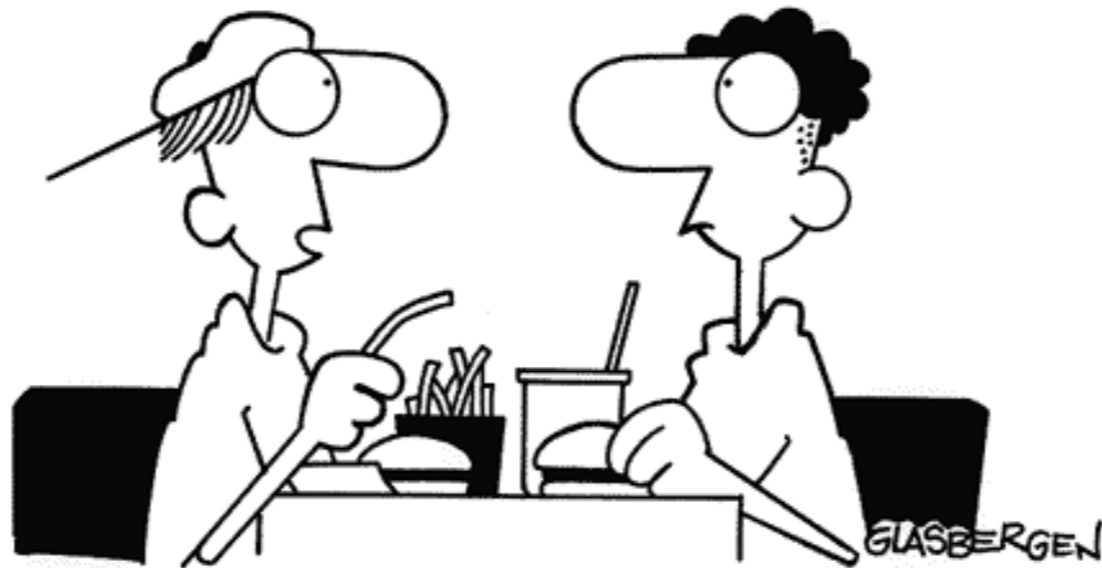
- variety matters

- timing matters

Distributed Practice

- We remember **90%** more studying **15 minutes** over **5 days** than studying **1 hour and 15 minutes** in **one day!!!**

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**"I forgot to make a back-up copy of my brain,
so everything I learned last semester was lost."**



**5 - 20
minutes**

5 days a week

Studying must be...

- ◉ Reflective

- ◉ Weekly folders

- ◉ Analyze good & bad

- ◉ Create study plan

Study Plan - Formula for Success:

- ① Know your child's strengths
- ② Figure out what he/she needs to succeed
- ③ Help them determine what works - be ready to prove it

Study Plan:

- Know your child's strengths



Children have individual learning styles, but they learn best by using ALL senses to study. Experiment to find what works best.

Study Plan:

- Figure out what your child needs to succeed



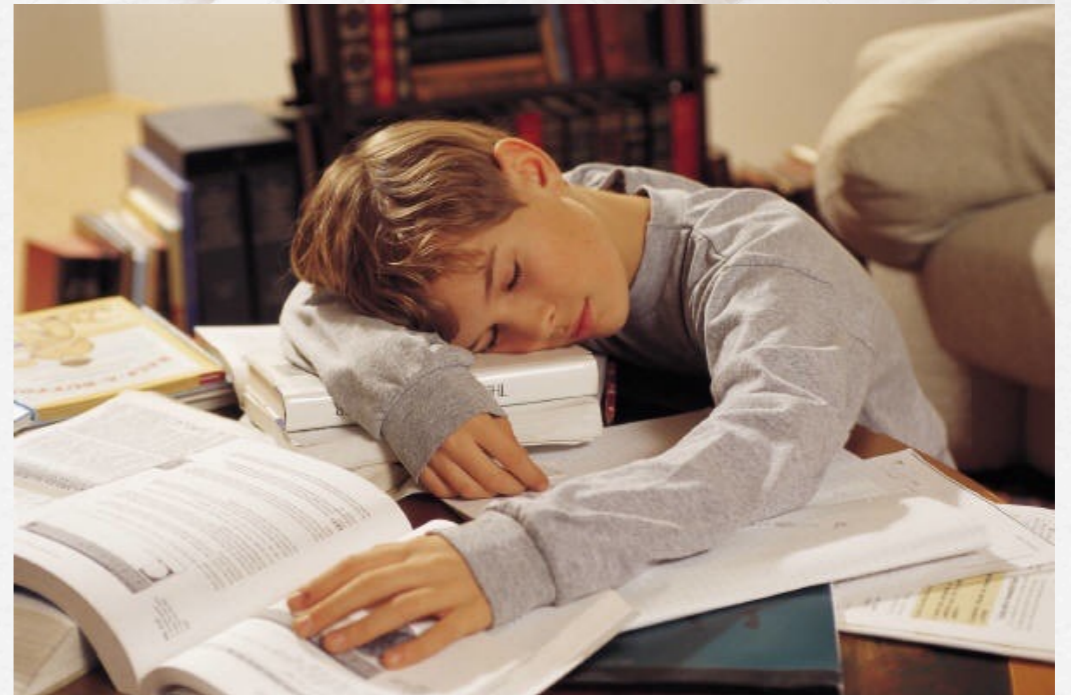
Create opportunities for open conversation with your child. Ask questions and make connections.

What Do You Need to Succeed?

Each Person Can:

- Choose to do the hardest work at their best time of the day (within reason).
- Find a place where the room temperature / environment is comfortable.
- Eat or drink if desired (as long as there is clean-up afterward).
- Take a short wiggle break if things get too intense or muscles are just too restless.

Where and When to Study



Make a Study Plan "checklist"

AFTER SCHOOL
CHECKLIST

- Healthy Snack 🍏
- Homework Done 📖
- Reading Minutes 📖
- Backpack Away 🎒
- Clothes Set out 👕
- Job Done 🗑️

GOOD JOB!

Make a study checklist so your child can follow a daily routine - the checklist can travel.

Read!!!

Benefits of Reading with Your Child:

- Strengthens your relationship and provides the opportunity for conversation.
- Provides kids with new experiences.
- Improves vocabulary and communication skills.
- Helps improve concentration.
- Helps kids develop a life-long love of reading.

Communicate with Your Child and the Teacher

Open Communication:

- Strengthens your relationship between your child and the teacher.
- Demonstrates that learning is a "teamwork" approach.
- Teaches problem-solving skills.
- Builds a support network and a feeling of trust.

Study Plan:

① Help Your kids Determine What Works and Be Ready to Prove It

Continually Evaluate the Study Plan:

- Use checklist to determine if routine is working.
- Check grades to see if study time is making a difference.
- Communicate with teacher - what can I do?
- Process and decide what works best.

Study Plan - Formula for Success:

- ① Know your child's strengths
- ② Figure out what he/she needs to succeed
- ③ Help them determine what works - be ready to prove it

Parent Resources:

• Determine your Child's Learning Style: Early Childhood:

Early Childhood: <https://cynthiatobias.com/wp-content/uploads/2015/05/Free-Profile-for-Early-Childhood-Revised-2015.pdf>

Adolescent: <https://cynthiatobias.com/wp-content/uploads/2015/05/Free-Standard-Learning-Styles-Profile-Revised-2015.pdf>

Math Fact Flash Cards:

Multiplication: <https://www.papertraildesign.com/multiplication-flash-cards/>

Math Fact Fortune Teller:

Study Checklist:

Reading With Your Kids Podcast / Blog

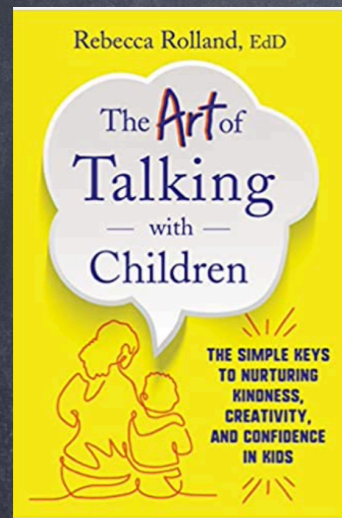
Parent Resources:



Reading With Your Kids Podcast

Reading With Your Kids Podcast and Blog - <https://readingwithyourkids.com>

List of Great Reads: <https://readingwithyourkids.com/rwyk-certified-great-reads/>



Book / Audiobook designed to provide practical tools for building relationships and communicating with your children.

Parenting Articles Worth the Read: <https://rebeccarolland.com/articles/>



The Wonder of Parenting - A Brain-Science Approach to Parenting:
Experts with over 30 years of experience provide practical parenting advice using brain-based science. Considered a "how-to manual" on topics such as balancing work and parenting, boys and race, processing trauma, and discipline tactics for boys vs. girls.

