



▶ HOW DO I HELP MY CHILD BE SUCCESSFUL?

▶ TEN STUDY HABITS OF SUCCESSFUL STUDENTS

▶ HELPING YOUR CHILD TO MANAGE THEIR STUDY TIME

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# Preparing For High School

ADDRESSING THE NEEDS OF INDIVIDUAL STUDENTS IN  
PREPARATION FOR THE FUTURE

## Helping your child to be successful...

You can help your children succeed in school by helping them follow these 10 tips.

**Tip #1: Focus on Homework.** For each subject, whether your children have been given homework or not, make sure they review their notes. This will mean that when a big test or an end-of-unit test comes up, they will be prepared to study for it. Focusing on homework will also help your children be ready for the next lesson and ready to ask any questions that might have come up.

**Tip #2: Keep your notes neat and clear.** While your children are applying Tip # 1, they can "kill two birds with one stone" by improving the quality of their notes. Make sure your children's notes contain all the information they need to know. Have them highlight or underline the most important points. Notes full of crossed out words and messy ink patches need to be rewritten altogether.

**Tip #3: Keep your schoolbag neat.** At least once a week, have your children empty their schoolbags to make them neater. You will be amazed by what they might find! Often, some "lost" notes or homework will show up just in time. For this reason, it is best to have your children do this in the middle of the week, Wednesday night is best. After a little while, your children will become naturally neater.

**Tip #4: Use your time efficiently.** If your children get stuck on a particular piece of homework, have them leave it and move on to the next piece. Otherwise, their frustration will rise and make matters worse. Have your children go back to the piece they left after a while. Things might be clearer then.

**Tip #5: Always look ahead.** Your children should use their school planners or their own schedules to anticipate what they will need to be doing soon. Encourage them to do a little bit extra, even when they seem to be finished with the homework for that day. If a test is coming up, make sure your children don't leave studying to the last minute.

**Tip #6: Do research wisely.** If research is involved in a project, be careful about how your children use the Internet. The Internet is a valuable resource, but it can be very distracting. Your children might get sidetracked and waste time going from topic to topic. Every now and then, take your children to the library to do their research. They will find valuable information and learn many useful research skills.

**Tip #7: Use technology.** Help your children learn to use a computer effectively to apply to their schoolwork. Let them experiment with PowerPoint, Publisher, Front Page, and other programs. Help your children learn to type efficiently and use Word correctly. Install appropriate audio books on their iPods and watch the Discovery Channel and other educational television programs with them.

**Tip #8: Find your way.** This is going to be trial and error at the beginning, but for any subject and homework assignment, your children will have to find what works best for them. If positive results are not occurring, there is something they are not doing right. Some children may have to rewrite their notes to remember facts, others might have to read them aloud, while still others might need to act them out or build something. Once the right way is found, learning will improve.

**Tip #9: Prioritize what must be done.** Your children must learn to prioritize the things they need to do. Schoolwork and extracurricular activities must come first. Make this very clear to your children and help them stick to this priority.

**Tip #10: Communicate with teachers.** This applies to you as parents as well as to your children. If there is any doubt about an assignment, contact the teacher. Encourage your children to ask the teacher if they find something to be unclear. Your children can do this after class or the next day. Doing this will also help your children develop important communication skills and build their self-confidence.

*This article was contributed by Florence Bernard, Parental Consultant*

# Ten Study Habits of Successful Students

Successful students have good study habits. They apply these habits to all of their classes. Read about each study habit. Work to develop any study habit you do not have.

Successful students:

## Try not to do too much studying at one time.

If you try to do too much studying at one time, you will tire and your studying will not be very effective. Space the work you have to do over shorter periods of time. Taking short breaks will restore your mental energy.

## Plan specific times for studying.

Study time is any time you are doing something related to schoolwork. It can be completing assigned reading, working on a paper or project, or studying for a test. Schedule specific times throughout the week for your study time.

## Try to study at the same times each day.

Studying at the same times each day establishes a routine that becomes a regular part of your life, just like sleeping and eating. When a scheduled study time comes up during the day, you will be mentally prepared to begin studying.

## Set specific goals for their study times.

Goals will help you stay focused and monitor your progress. Simply sitting down to study has little value. You must be very clear about what you want to accomplish during your study times.

## Start studying when planned.

You may delay starting your studying because you don't like an assignment or think it is too hard. A delay in studying is called "procrastination." If you procrastinate for any reason, you will find it difficult to get everything done when you need to. You may rush to make up the time you wasted getting started, resulting in careless work and errors.

## Work on the assignment they find most difficult first.

Your most difficult assignment will require the most effort. Start with your most difficult assignment since this is when you have the most mental energy.

## Review their notes before beginning an assignment.

Reviewing your notes can help you make sure you are doing an assignment correctly. Also, your notes may include information that will help you complete an assignment.

## Tell their friends not to call them during their study times.

Two study problems can occur if your friends call you during your study times. First, your work is interrupted. It is not that easy to get back to what you were doing. Second, your friends may talk about things that will distract you from what you need to do. Here's a simple idea - turn off your cell phone during your study times.

## Call another student when they have difficulty with an assignment.

This is a case where "two heads may be better than one."

## Review their schoolwork over the weekend.

Yes, weekends should be fun time. But there is also time to do some review. This will help you be ready to go on Monday morning when another school week begins.

## These ten study habits can help you throughout your education. Make sure they are your study habits

## Managing Your Study Time

There are only so many hours in a day, a week, and a term. You cannot change the number of hours, but you can decide how to best use them. To be successful in school, you must carefully manage your study time. Here is a strategy for doing this.

### Prepare a Term Calendar

At the beginning of a term, prepare a Term Calendar. Update it as the term goes on. Here is what to do to prepare a Term Calendar.

- Record your school assignments with their due dates and your scheduled tests.
- Record your planned school activities.
- Record your planned school activities.
- Record your known out-of-school activities.

### Prepare a Weekly Schedule

Each Sunday before a school week, prepare a Weekly Schedule. Update it as the week goes on. Here is what to do to prepare a Weekly Schedule.

- Record your daily classes.
- Enter things to be done for the coming week from your Term Calendar.
- Review your class notes from the previous week to see if you need to add any school activities.
- Add any out-of-school activities in which you will be involved during the week.
- Be sure to include times for completing assignments, working on projects, and studying for tests. These times may be during the school day, right after school, evenings, and weekends.

### Prepare a Daily Organizer

Each evening before a school day, prepare a Daily Organizer for the next day. Place a ✓ next to each thing to do as you accomplish it. Here is what to do to prepare a Daily Organizer.

- Enter the things to do for the coming day from your Weekly Schedule.
- Enter the things that still need to be accomplished from your Daily Organizer from the previous day.
- Review your class notes for the day just completed to see if you need to add any school activities.
- Add any out-of-school activities in which you will be involved the next day.

Year 7, 24/7 VPSS

Welcome to 24/7 Learning opportunities for Year Seven @ VPSS...

- \*You are able to access the lesson ideas taught in class and much more.
- \*There are learning objects, videos and worksheets to assist you in your learning...
- \*You will be able to get worksheets if you forget your homework and for you have lost it and submit your work to your teacher for marking.
- \*You can write your thoughts about the English Topic in the Discussion Blog page...for your class

## 24/7 Learning Hub -

### Learning Place-

Students will need to log into the Learning Place using their school username and password....

Each teacher has their own Portal – you can access the subjects they teach through this 24/7/ Learning Hub