

STUDY STRATEGIES-Tips for Students and Parents

Study Space

STUDENTS

- Choose a place to study
- Avoid distractions like phones, TV, and music while studying
- Keep your study space organized
- Make your space your own by adding personal touches
- Consider standing or some kind of movement while you work to engage more parts of your brain



PARENTS

- Monitor the study space to make sure your student remains focussed
- Maintain the expectation that there are no distractions like phone, TV, or music
- Give the freedom to create a space they want to be in
- Ask to see completed or turned in work

Resources

[Click here](#) for a YouTube Video on how to set up a productive study spot.

[Click here](#) for a video on the 7 habits of successful students

[Click here](#) for a video on the most effective study strategies

[Click here](#) for a video on how to study even when you don't want to

[Click here](#) for info to online learning resources

STUDY STRATEGIES-Tips for Students and Parents

Communication

STUDENTS

- Check your email daily
- Check Schoology Daily
- Email your teacher or visit the online help sessions if you have questions or need help



PARENTS

- Make your expectation clear to your student
- Check Schoology daily
- Use the Parent Portal
- Make sure the school has your correct contact information
- If you are concerned, email teachers right away

Resources

- [Click here](#) for a link to Schoology
- [Click here](#) for a link to the parent portal
- [Click here](#) for a link for ZOOM tutorial
- [Click here](#) for Technology Support

STUDY STRATEGIES-Tips for Students and Parents

Keep a Schedule/Stay Organized

STUDENTS

- Set a reasonable sleep and wake schedule
- Use a calendar for assignments and share it with your parents
- Set a daily time for homework
- Attend all classes, including asynchronous and all help classes
- Consider an App for helping manage homework



PARENTS

- Provide healthy expectations for sleep and wake times
- Monitor your students' calendar
- Make sure your student is following their schedule
- Check to see that all school work is completed ask to see it)
- Help your student prioritize

Resources

[Click here](#) for a link to learn how to share a google calendar

[Click here](#) for a link to Schoology

[Click here](#) for a link for organizational strategies

[Click here](#) for a link to Pomodoro-a free Google Chrome app to help with online time-management

STUDY STRATEGIES-Tips for Students and Parents

Get Help if You are Struggling

STUDENTS

- Attend EVERY class, be attentive and ask questions (do all of the suggestions from previous slides)
- Ask your teacher for help (if uncomfortable asking in a group, make your question private)
- Sign up for a help session with your teacher
- Ask a friend for help (someone from your class)
- Reach out to your school counselor
- Consider a tutor (ask your counselor for a list)



PARENTS

- If grades are slipping, talk to your student about their plan to help themselves (see link below)
- Re-visit the previous slides, are you doing all you can do to support them?
- Consider a meeting with the teacher and your student to better understand WHY your student is struggling

Resources

[Click here](#) for a link to an article about how Parents can ask questions of their student when they are struggling-get students to help formulate a plan to help themselves

[Click here](#) for another article for parents with an explanation and examples of socratic questions

[Click here](#) for a link to BrainFuse-you sign in with your library card and get access to a HUMAN(!) Tutor!

[Click here](#) for a link to Khan Academy

[Click here](#) for a link to free tutoring from GVSU

STUDY STRATEGIES-Tips for Students and Parents

Self-Care

STUDENTS

- Take Breaks
- Share the concerns that are stressing you with trusted adults
- Remember that teachers, parents & guardian, counselors, school social workers and school psychologists are all here to help you
- Practice Self-Care
- Stay strong, work hard, and don't give up
- Reach out for help if you need mental health support



PARENTS

- This time is not easy for us, keep your perspective, stay calm, be patient
- Consider rewards for work well done
- Seek help from school if you need it
- Find down time for yourself
- Watch for unexpected changes in your student like, mood, behavior, sleep habits, appetite, grades, etc. Don't be afraid to ask them if they are struggling and need help
- Set an example of good self-care and healthy coping for your student

Resources

[Click here](#) for a link to Self Care strategies

[Click here](#) for a link to parenting resources

[Click here](#) for links to mental health and other resources for parents and students

[Click here](#) for a link to resources related to Depression and Suicide

[Click here](#) for a link to a video about self-care

[Click here](#) for a link to a Bitmoji classroom with self-care and confidence building ideas