

Are you frazzled by your adolescent's lack of study skills?



Review these Tips and Strategies with your Adolescent

1. Study in a Group:
  - Limit the size of the group so everyone can participate.
  - Schedule regular meetings instead of one cram session.
  - Have one person act as the leader to keep the session focused.
  - Be prepared! Study ahead of time so you can ask questions.
2. Individual Study Sessions:
  - Don't wait until the last minute. Repetition is key!
  - Set a goal for each study period.
  - Use study aides: flashcards, practice tests, timelines, outlines, etc.
3. Use a daily planner:
  - This will help you stay organized and will help you answer the question, What should I do first?
4. Review your Notes:
  - *After Class:* Look over your notes to add details, emphasize key points, and correct mistakes.
  - *Before Class:* Review homework and scan the notes from the previous day's lesson.
  - *Before a Test:* Several nights before a test review your notes, reread the textbook readings, and review old homework assignments. Continue to do so until you are confident about the material.
  - *Nightly:* Make reviewing notes part of your nightly homework routine.

Be Smart about your Study Time!

1. Use a planner to organize.
2. Use color-coded notebooks and/or folders for each subject.
3. Make sure your study space is neat, comfortable, quiet and well lit.
4. Avoid distractions including loud music or TV, instant messaging, people, ect.
  5. Take breaks-stretch, have a snack or take a short walk.
  6. Quiz yourself or have someone else quiz you.
7. Know your learning style so that you can use it to your advantage.

These strategies will help ensure your adolescent's school success!

<p>Online Resources: <a href="http://www.ucc.vt.edu/stdysk/sq3r.html">www.ucc.vt.edu/stdysk/sq3r.html</a> <a href="http://www.ucc.vt.edu/stdysk/stdyhelp.html">www.ucc.vt.edu/stdysk/stdyhelp.html</a> <a href="http://www.infoplease.com/homework/studyskills1.html">www.infoplease.com/homework/studyskills1.html</a> <a href="http://www.nasponline.org/publications/cq266study.html">www.nasponline.org/publications/cq266study.html</a></p>	<p>If you want more information consider investigating the <b>SQ3R Method</b>. This studying method teaches students to: survey the material, formulate questions, read each section, recite the answers, and review.</p>
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This Tip provided by Gahanna's Mental Health Team:  
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