

Homework/Study Skills

Help your teen start the school year with solid study habits

It's a new year, new teachers--and an opportunity for your teen to revamp those old study habits. Try sharing these four tips with your teen:

1. Get a planner. The only 100% effective way to remember what you have to do is to write it down. A planner helps you keep track of everything--from what chapter to read and what homework problems to complete, to when the next test is and when your next volleyball game is. That way, you'll always be prepared and able to avoid those all-nighters.
2. Take notes--in every class. When your teacher is talking, she's not doing it to waste your time. She's telling you exactly what you need to know about the subject and what's going to be on the test. Develop a way of taking notes that works for you--and use it. And if you spend a little time each day reviewing those notes you took in class, you will be better prepared at test time.
3. Think about your study spot. If you do your homework in the same place every day, your body actually gets used to it and it takes you less time to focus once you sit down. A good study spot is quiet, comfortable, well-lit and stocked with your study essentials--pens and pencils, paper, reference books, etc.
4. Form a study group. It can help to discuss some subjects with other students. Try to keep your study group small, though--and make sure your friends realize it's for serious studying, not socializing.

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