

# SAFE kids HEALTHY kids HAPPY kids

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## Start the School Year with Good Study Skills

Don't wait until the school sends home a D or F warning slip to talk to your child about homework. Instead, help him develop good study skills. Good study skills will help a student succeed in middle & high school and college. Students who have poor study skills are more likely to waste time, become frustrated and get low grades.

### Tips From Other Students

1. Make a schedule. **Follow it.** Include class and homework time and after-school activities such as sports, clubs and music lessons. Most study time will occur after school, work time or extra activities. *It is also important to include chores, social time and family events.*
2. Use your time wisely—don't waste it. *Stick to your schedule* most of the time. Use **scheduled** time to talk to or be with your friends.
3. Choose a comfortable and quiet place to study. This area should not include a TV!
4. Do not read aloud to yourself. It is not effective. It slows you down.
5. Learn how to take good notes. Write clearly—don't scribble. Keep notes in a loose-leaf notebook. Use dividers to separate classes. Always keep the loose-leaf paper with you in case you forget your notebook. Write down the main points of the lecture. Many teachers will tell you what to write or let you know what will be on a test.
6. Choose a study method like **SQ3R**: Survey, Question, Read, Recite and Review.

**Survey:** Look at your textbook and get a big picture of what you will be studying.

**Question:** Ask yourself questions as you read and study. When you find answers to these questions, it will help you remember what you have just read.

**Read:** Pay attention when you read. Answer the questions you have asked yourself. Look for **bold** or *italicized* words. These are important. Look at pictures, graphs and tables. They contain important information.

**Recite:** Stop reading every now and then—think or say out loud what you have read. Try to understand and connect what you have just read to facts you already know. This will help you remember facts for tests and papers.

**Review:** Review what you have learned. Re-read your book and notes. Do you understand what you have read or do you still have questions? "The best time to review is when you have just finished studying something," says Dr. Robert Kezlik. Do not wait until just before a test to review.

Some students are really good at studying—some are not. Students who say homework is worthless may not have good study skills. Everyone benefits from good study skills. Give your child the help he deserves.

Call the Parent Help Line. We listen. We can find you help.  
544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m. , 7 days a week.