

Supporting your Child's Academic Learning at Home: Study Skills Tips for Parents



Source:

https://www.google.ca/search?q=study+picture&tbm=isch&hl=en&chips=q:studies+picture&bih=379&biw=793&hl=en&ved=2ahUKEwjLrLGrbv oAhVQhuAKHQc_AfKQ3VZ6BAgBEBQ



OVERVIEW

- ▶ Learning Environment
 - ▶ Learning Profile
 - ▶ Time Management and Planning
 - ▶ Online Resources
 - ▶ Healthy Habits
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Creating a Study Area

- * Comfortable seating
- * Adequate lighting
- * Planner
- * Necessary material
- * Timer
- * Checklist



Creating a Study Area (Con't)

- *Easy access to material
- *Calendar
- *Organizers such as shelves, folders, baskets
- *Positive slogan
- *Few distractions
- *Quiet environment



Additional Study Area Items (if available)

- *computer
- *Timer
- *calculator
- *fidget toys
- *noise cancelling headphones
- *comfortable seating
- *Flexible seating: some students prefer working in alternate workspaces (ie: on carpet, on couch, standing by the windowsill)



Know Your Teenager's Learning Profile

- Visual
- Auditory
- Kinesthetic
- Tactile



Source: https://www.google.com/imgres?imgurl=https%3A%2F%2Fsalemzemali.weebly.com%2Fuploads%2F7%2F9%2F5%2F1%2F7951948%2Fmsl-463a174b-8b00-42f3-a9d7-0ac113292242-grande_orig.jpg&imgrefurl=https%3A%2F%2Fsalemzemali.weebly.com%2Fshaping-the-way-we-teach-english-in-algeria.html&tbnid=52lBwSM8BB_AgM&vet=12ahUKewjswlqColvoAhUoT98KHerQB6sQMgKegUIARDvAQ..i&docid=tTZFRVPATyHtEM&w=599&h=196&q=visual%20auditory%20kinesthetic%20tactile&ved=2ahUKewjswlqColvoAhUoT98KHerQB6sQMgKegUIARDvAQ

Click on the link to discover your
learning style

[http://www.educationplanner.org/students/
self-assessments/learning-styles-quiz.shtml](http://www.educationplanner.org/students/self-assessments/learning-styles-quiz.shtml)



Learning Style: Dominant Visual

Visual Learners learn through seeing.

They like written instructions and prefer to take detailed notes as they listen to lectures.



Visual/Seeing

They often like to have a quiet place to study.

They like to use colorful highlighters to mark notes and texts.

Visual learners remember visual details with ease and prefer to see what they are learning.



They learn best with visual materials such as pictures, charts, videos, illustrated textbooks, and handouts.

Learning Style: Dominant Auditory

Auditory Learners learn through listening.



Auditory/Hearing

They like to have music on while they study.

They like to read aloud and often like to talk to themselves or create musical jingles to help them learn new material.

Talking through a problem

They remember by talking out loud and they like to have things explained orally rather than through written instructions.



Learning Style: Dominant Kinesthetic

Kinesthetic learners learn through moving, doing, and touching.



Kinesthetic/Hands-On

Kinesthetic learners like to move around when talking or listening.

They need to take frequent study breaks.

They are explorers at heart and like to learn through active participation in what they are learning.

They like to chew gum or to snack while they study.

They like to stand, rather than sit, when learning something new.



Learning Style: Dominant Tactile

Draw charts, diagrams, and models

Use finger as a guide while reading material



Source: ThoughtCo.com

Trace letter with fingers to memorize

Get hands-on, don't just watch someone else do it

Take, type out or write out class notes

Time Management and Planning

*Keep a regular routine of activities in order to provide structure to your day.

*This keeps your mind and body healthy and happy.

November 5th to November 11th 2018

Hours	Monday Day 7	Tuesday Day 8	Wednesday Day 9 (mini)	Thursday Day 1	Friday Ped Day	Saturday	Sunday
1:00							
2:00							
3:00							
4:00							
5:00							
6:00	Breakfast	Breakfast	Breakfast	Breakfast			
7:00							
8:15-9:33	French	English	English 9:20-10:23	Sciences			
9:38-9:48	Recess	Recess	Recess 10:27-10:37	Recess	Book Report 9-11	Swimming 9:00-11:00	Book Report 10-11
9:53-11:11	Phys Ed	Math	French 10:42-11:45	French		Travel	
11:15-12:33	Arts	Hist	Math 11:50-12:53	Geo test	Lunch 11:30	Relaxation	
				NCH	Dentist 13:00	Lunch 12:00	
				Math		Work on Science Lab	
			13:46-14:49				
15:00			Soccer				
16:00	Study Geography	Study Geography	Soccer				
17:00	Math homework	French homework	Travel				
18:00	Supper	Supper	Supper	Supper			
19:00	Read-book report	Math homework	Review Geo				
20:00	History	ERC review	Review Geo				
21:00	Personal time	Personal time	Personal time	Personal time			
22:00	Bed time	Bed time	Bet time	Bed time		Bed time	Bed time
23:00							
24:00							

Healthy Habits and Sleep

Eat well
Sleep
Get plenty of exercise



source:<http://dyj59w791s2zy.cloudfront.net/scene/635702046586044417>



Source: ScifullahKhalid.com

Daily routine and balanced lifestyle
Importance of fulfillment
Avoid stimulants
Avoid procrastination