

# How a Parent can Help

(Taken from DOE: No Child Left Behind)

High School is not easy. There is a large to learn and a lot of homework to do to be successful. Here are a couple of recommendations on how you as a parent can help your child while they are doing their work at home. First, make sure your child has a quiet, well-lit place to do homework. Avoid having your child do homework with the television on or in places with other distractions, such as people coming and going.

Make sure the materials your child needs, such as paper, pencils and a dictionary, are available. Ask your child if special materials will be needed for some projects and get them in advance.

Help your child with time management. Establish a set time each day for doing homework. Don't let your child leave homework until just before bedtime. Think about using a weekend morning or afternoon for working on big projects, especially if the project involves getting together with classmates.

Be positive about homework. Tell your child how important school is. The attitude you express about homework will be the attitude your child acquires.

When your child does homework, you do homework. Show your child that the skills they are learning are related to things you do as an adult. If your child is reading, you read too. If your child is doing math, balance your checkbook.

When your child asks for help, provide guidance, not answers. Giving answers means your child will not learn the material. Too much help teaches your child that when the going gets rough, someone will do the work for him or her.

When the teacher asks that you play a role in homework, do it. Cooperate with the teacher. It shows your child that the school and home are a team. Follow the directions given by the teacher.

## Study Skills

When your child begins to study, their mind and body must be in a receptive state. This means appropriate study environment; not too tired, and preferably doing this at the best time of day to study. Their brain must be in "alpha" mode, food and drink adequate, fresh air, good light no distractions, appropriate music if any etc. Most information, especially information about real objects, people and activities, does not require special memory techniques other than the active learning process. Here is one of the easiest techniques to use:

VISUAL: Most of the time, all you have to do is form some kind of picture association to enable recall of that information. If they find that they forget the visual they have decided to use, then either revise the information more frequently to start with, or note down a few words to remind them of the vision they wish to use to recall that information. If necessary change the vision they are using. They may need to make the images more funny, colorful, bizarre or more memorable in some way. Keep your mind open to inventing other visual methods to use. It is important that the information studied, and vision used (providing it works) is not changed. Once the study information is prepared and visual pictures decided upon, this is aimed at reinforcing the same information and visions in your mind. That way, the information becomes a long term memory.

YOUR OWN STYLE: Inventing your own method works to help the students individual learning style. This sort of method worked brilliantly for a student I helped last year. He needed to recall 24 detailed events. Each event was associated with a specific person. He imagined going on a journey through time and actually meeting the people and taking part in the event.

PRACTICE: In short you use skills, procedures and prior knowledge to solve problems. This ability is best obtained by practicing your skills on past exam papers and similar problems from text books.

GET SERIOUS: Most important, you must be serious about the task of studying. You must give studying your entire focus. If you find your mind wandering, you need to stop and take a break until you believe that you are ready to give your studying your entire, uncompromised attention. Once you start seriously studying the information - **don't stop!!** You have to fully recall the information over in your mind, not just think "yeah - I can remember that". If you learn something, and the information stays in your memory for an hour or more, then there is no need to use a different memory technique, as it is then only a matter of two or three more revisions to make the memory permanent.

**IF YOU CANNOT UNDERSTAND SOMETHING YOU ARE STUDYING GET HELP.  
SEE YOUR TEACHER!!!**