

# Helping Your Teenager to Study More Productively



Here are some tips to share with your child:

- Study a little bit every night.
- Avoid trying to study too long at one time. Take a break occasionally.
- Don't try to cram all your studying into the night before a test.
- Study in a well lighted, comfortable and distraction-free spot.
- Preview material.
- Focus on bold face words.
- Skim assigned chapters.
- Review questions, vocabulary lists, chapter summaries and objectives.
- Go over class notes and homework.
- Pay attention to review sessions. Ask your teacher what types of questions to expect on an upcoming test. If you don't understand something, ask.
- As you study, emphasize the major concepts of the test material. For example, learn key vocabulary words and have your parent or a study partner quiz you on them.
- Read sitting up, not slouched over or lying down. Good lighting is also a must. Light should come over your shoulder onto your reading material to avoid shadows and glare. Avoid reading under a bright light in an otherwise dark room.
- If you can't read for a reasonable time without getting eyestrain or becoming tired or restless, you may have a vision problem. Have your eyes checked if there is a problem. If you already have glasses for reading, wear them.

## If you have a problem

Not many students can say they don't have a tough subject or two.

- Ask your teacher or school counselor if there are tutoring programs available.
- Study with other students in your class. Take turns "teaching" each other what you're learning. Teaching is a great way to learn.

## **How can I prepare my child for doing homework?**

You can help your child by selecting an appropriate work place.

- Select a desk or table that is in a quiet location.
- Select a work area that is well lit.
- Place needed supplies next to the desk or table.
- Keep the TV and stereo turned off. Minimize distractions.