

# A Parent's Guide to Effective Study Habits

By: Lia Walters/ Special Education Facilitator



The end of the school year is rapidly approaching, and it is time for your child to begin preparing for finals and Regents exams. The following tips on studying and test taking strategies will prove to be beneficial to all students. Implementing these procedures will significantly reduce anxiety, increase confidence, and ultimately result in higher test scores. Remember, preparation is the key to eliminating stress. The more prepared a child is for a test, the less apprehension she will have.



## Topic 6: Strategies for Preparing for Final Exams & Regents

### Studying:

Help your child take control of his studying. Have him make a list of all the things he needs to do to help keep himself organized. Have him divide his workload into manageable chunks. Students need to prioritize and schedule their time realistically and stick to their deadlines. Make sure that they choose a quiet, non-distracting place to study. To help them organize new and old information, they should:

- Create outlines, charts, flashcards, timelines, and concept maps to help visualize relationships.
- Link what they are studying now with what they already know.
- Note that reviewing material is more than reading and rereading assignments. Students need to read over lecture notes and question themselves on the material they don't know well.
- Create study groups to reinforce learning. Have students study with a friend, quiz each other, compare notes, and discuss discrepancies. This will enhance the learning and recall process.
- When losing focus, switch it up. Change the type of task, the subject to be studied, or the environment. Alternatively, take a break and walk a bit. It clears the mind and helps regain focus.
- Perhaps the hardest to implement... Encourage students to stop studying when they are no longer being productive!

**HELPFUL TIP # 1: Have your child check Blackboard for upcoming Regents review sessions with their classroom teacher.**



### During the Test:

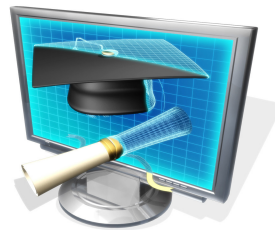
There are also some strategies to keep in mind when the student is taking the test. First, the student needs to read the directions carefully!! Many points have been lost because students did not follow the directions.

- Encourage the student to preview the test to see how much time they need to allot for each section.
- Have them work on the "easiest" parts first. If a strength is essay questions, answer those first to get the maximum points. Proper pacing throughout an exam allows time for the most difficult parts.
- Encourage your child to make an outline before she begins writing when answering essay questions. Organization, clear thinking, and clear legible writing are all important.
- Save time at the end of the exam to review the test and make sure ensure all questions and all parts of questions have been answered. This is difficult to do under the stress of exams, but it often keeps the students from making needless errors.

**HELPFUL TIP # 2: Make sure that your child gets enough sleep the night before the test and eats a healthy meal to ensure greater success.**

### PRACTICE REGENT REVIEW- WEBSITES:

- ⇒ [regentsprep.org](http://regentsprep.org)
- ⇒ [jmap.org](http://jmap.org)
- ⇒ [regentsearth.com](http://regentsearth.com)
- ⇒ [mathbits.com](http://mathbits.com)
- ⇒ [sparknotes.com](http://sparknotes.com)



**HELPFUL TIP # 3: Recognize your own stress. It is very normal for parents to experience anxiety during their children's testing time. Just try to remain calm around your child. They will stress out about your anxiety.**

This month's strategy devoted to test-preparation strategies is not only essential for high school students to succeed, but is also a necessary tool to be used in throughout their college careers. The benefit of incorporating successful test-taking and study skills enables students to excel in all academic assessments now and in the future.

Resources:

Davis, L. and & Sirotowitz, S. (1996). *Study Strategies Made Easy: A Practical Plan for School Success*. Florida: Specialty Press Inc.

Dodge, J. (1995). *The Study Skills Handbook*. New York: Scholastic Inc.