

# A Parent's Guide to Effective Study Habits

By: Lia Walters/ Special Education Facilitator



School's out, and it's up to you and your child to make this time count! Now that the school year has ended, your child's learning is in his or her hands. It is time for your child to begin preparing for the summer by enriching the interests and skills that will be needed during the upcoming school year. The following tips and strategies can be used during the summer months to review, retain and build life-long skills.



## Topic 7: Strategies for Summer Study

### READ

Please, please, please encourage your child to R-E-A-D. Academically, reading helps children become better students. As high school and college courses require a great deal of reading, summer practice helps students master vocabulary, fluency, and comprehension. Such practice directly leads to higher grades and improved SAT and ACT scores.

Reading of any kind is beneficial. Whether your child enjoys newspapers, magazines, novels or computer-based articles, just encourage her to read.

Additionally, increased reading helps students become better writers. Yet, there are other strategies to help students increase their writing skills over the summer including:

- Writing daily in a journal or diary
- Writing and sending letters to friends/family or send postcards
- Developing creative self-expression through short stories, poems or songs

Focusing on reading and writing skills will help your child be more confident and more prepared for the following school year.

**HELPFUL TIP # 1:** If your children are going away for the summer, provide them with a journal, books to enjoy, and stamped envelopes for letters.



## **VOLUNTEER**

One of the most rewarding experiences your child can have for the summer is to volunteer in your community. Most charities are eager to accept all the help they can get. Hospitals, animal shelters, food banks, and libraries are all seeking volunteers to help with the very important work they do. This experience will help your child help others as he or she gets a chance to build interpersonal skills, practice managing free time, and strengthen confidence and self-esteem.

## **WORK/INTERN**

Summer jobs and internships are great opportunities for students to learn new skills and expand their social networks. A job or internship will build a solid work ethic for your child's future.

Volunteer work, a job or an internship will not only enhance your child's life experience but will also make your child's college applications much more impressive.

**HELPFUL TIP # 2:** Encourage your child and make time available for your child for volunteering...he or she can start with your local church/temple.

## **PREPARE FOR EXAMS**

Summer time is the perfect time to prepare for SAT and ACT exams. Review classes, practice exams, online websites and review books will help your child feel confident, comfortable and ready to undertake these high stake exams.

**HELPFUL TIP # 3:** Have your child visit [www.collegeboard.com](http://www.collegeboard.com) for up to date sessions and review.

## **VISIT COLLEGES**

Whether it is a road trip, a flight, a web-search, or a trip to the book store to do research, encourage your child to visit colleges and learn more about what different schools can offer. Have your child start thinking about what is attractive in a college and what courses or fields of study he or she will wish to pursue. This experience will help your child build motivation and drive for the future.

Please don't forget to have your child sit back and relax and take credit for all the hard work accomplished throughout the school year. Coupled with the advice above, these few suggestions should help students to become more ready to meet the demands for the next school year.

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.

[www.collegboard.com](http://www.collegboard.com)