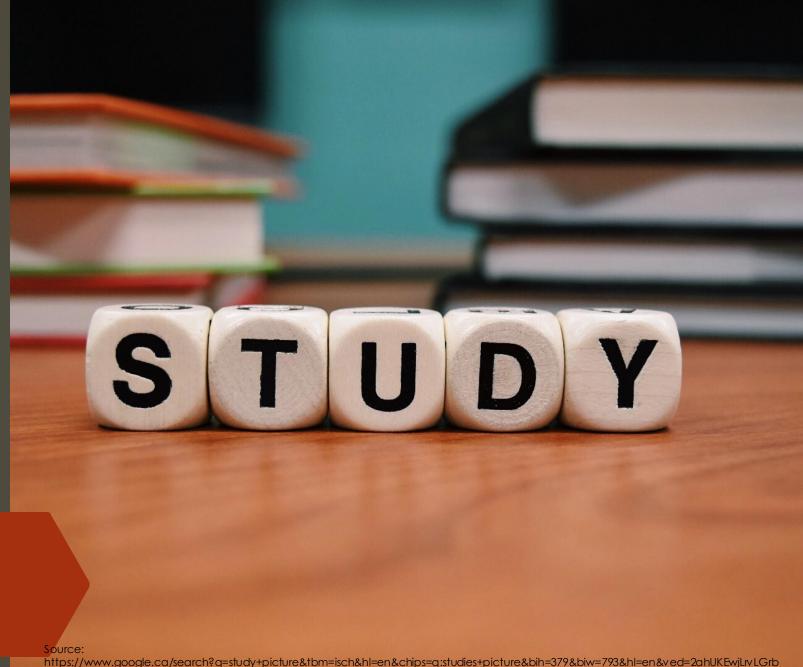
Supporting your Child's Academic Learning at Home: Study Skills Tips for Parents



https://www.google.ca/search?q=study+picture&tbm=isch&hl=en&chips=q:studies+picture&bih=379&biw=793&hl=en&ved=2ahUKEwjLrvLGrivoAhVQhuAKHQC\_AFkQ3VZ6BAgBEBQ

## **OVERVIEW**

- Learning Environment
- Learning Profile
- Time Management and Planning
- Online Resources
- Healthy Habits

#### Creating a Study Area

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



#### Creating a Study Area (Con't)

- \*Easy access to material
- \*Calendar

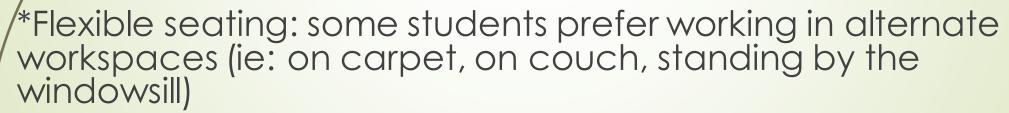


- \*Positive slogan
- \*Few distractions
- \*Quiet environment



#### Additional Study Area Items (if available)

- \*computer
- \*Timer
- \*calculator
- \*fidget toys
- \*noise cancelling headphones
- \*comfortable seating





# Know Your Teenager's Learning Profile

- Visual
- Auditory
- Kinesthetic
- Tactile



Source: https://www.google.com/imgres@mgurl=https:%34%2F%2Fsalemzemail.weebly.com%2Fuploads%2F7%2F5%2F1%2F7951948%2Fms1-463a174b-8b00-42f3-a9d7-0ac13292242-gran de\_orig...jpg&imgrefurl=https:%34%2F%2Fsalemzemail.weebly.com%2Fshaping+he-way-we-feach-english-in-aal13292242-gran de\_orig...jpg&imgrefurl=https:%34%2F%2Fsalemzemail.weebly.com%2Fshaping+he-way-we-feach-english-in-aal13292242-gran de\_orig...jpg&imgrefurl=https:%34%2F%2Fsalemzemail.weebly.com%2Fshaping+he-way-we-feach-english-in-aal1329242-gran de\_orig...jpg&imgrefurl=https:%34%2F%2Fsalemzemail.weebly.com%2Fshaping+he-way-we-feach-english-in-aal1329242-gran de\_orig...jpg&imgrefurl=https:%34%2F%2Fsalemzemail.weebly.com%2Fshaping+he-way-we-feach-english-in-aal13292442-gran de\_orig...jpg&imgrefurl=https:%34%2F%2Fsalemzemail.weebly.com%2Fshaping+he-way-we-feach-english-in-aal13292442-gran de\_orig...jpg&imgrefurl=https:%34%2F%2Fsalemzemail.weebly.com%2Fshaping+he-way-we-feach-english-in-aal13292442-gran de\_orig...jpg&imgrefurl=https:%34%2F%2Fsalemzemail.weebly.com%2Fshaping+he-way-we-feach-english-in-aal13292442-gran de\_orig...jpg&imgrefurl=https:%34%2F%2Fsalemzemail.weebly.com%2Fshaping+he-way-we-feach-english-in-aal13292442-gran de\_orig...jpg&imgrefurl=https:%34%2F%2Fsalemzemail.weebly.com%2Fshaping+he-way-we-feach-english-in-aal13292442-gran de\_orig...jpg&imgrefurl=https://doi.org/10.1001/j.j.gran de\_orig...jpg&imgrefurl=https://doi.org/10.

# Click on the link to discover your

learning style

http://www.educationplanner.org/students/
self-assessments/learning-styles-quiz.shtml



https://www.google.ca/url?sa=i&source=images&cd=&cad=rja&uact=8&ved=2ahU KEwj\_ivnpq4veAhW ig-AK HRnkBLOQiRx6BAgBEAU &url=http%3A%2F%2F4jp.rchk.edu.hk%2Fw ho-we-are.html&psig=AOvVaw 3Z-eRoLOVTM 6\_lvlg7Vfxs&ust=1539792352532805

### Learning Style: Dominant Visual

Visual Learners learn through seeing.

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



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.



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 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



Trace letter with fingers to memorize

Use finger as a guide while reading material

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.

Hours	Monday Day7	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							1131
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	Geo	Lunch	Relaxation	
11:15-12:33			11:50-12:53	test	11:30		
		d text	11:50-12:53	Test	11:30 Dentist 13:00	Lunch 12:00	
		text			Dentist		
		d text		INCH	Dentist	12:00 Work on	
lickt	o add	Study	13:45-14:49	INCH	Dentist	12:00 Work on	
Click to	Study Geography Math	Study Geography French	13:46-14:49 Soccer	INCH	Dentist	12:00 Work on	
15:00 16:00	O add	Study Geography	13:46-14:49  Soccer  Soccer	INCH	Dentist	12:00 Work on	
15:00 16:00	Study Geography Math homework Supper	Study Geography French homework Supper	Soccer Soccer Travel	ath	Dentist	12:00 Work on	
15:00 16:00 17:00	Study Geography Math homework Supper	Study Geography French homework Supper	Soccer Soccer Travel Supper	ath	Dentist	12:00 Work on	
15:00 16:00 17:00 18:00	Study Geography Math homework Supper	Study Geography French homework Supper Math homework	Soccer Soccer Travel Supper Review Geo	ath	Dentist	12:00 Work on	
15:00 16:00 17:00 18:00 19:00	Study Geography Math homework Supper Read-book report History	Study Geography French homework Supper Math homework ERC review	Soccer Soccer Travel Supper Review Geo Review Geo	ath  Supper	Dentist	12:00 Work on	Bed time
15:00 16:00 17:00 18:00 19:00 20:00	Study Geography Math homework Supper Read-book report History Personal time	Study Geography French homework Supper Math homework ERC review Personal time	Soccer Soccer Travel Supper Review Geo Personal time	Supper  Personal time	Dentist	12:00 Work on Science Lab	Bed time

### Healthy Habits and Sleep

Eat well
Sleep
Get plenty of exercise





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