



Maine State PIRC
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Funding provided by:
The U.S. Department of Education
Office of Innovation and Improvement
Rev. 10/07

Parents can help their children succeed in school no matter if they hold a Master's degree or if they never graduated high school themselves! If you show that you are interested in your child's education, he or she will have higher test scores and much better grades in general. Here are some suggestions to get you on your way to helping your child use successful studying habits:

- Set aside a fixed study area to be used only for studying. Make sure this area has the least amount of distractions. Distractions can include a radio, television and other people. Your child will begin to relate the area to studying and completing homework as they relate a classroom as being a place to learn.
- Have your child write down a time they expect to finish studying before they even begin. This may cause your child to feel a small amount of pressure and will make his or her study behaviors more helpful. Have them make certain goals for themselves each time they study and they will feel a sense of pride when they accomplish their own goals!
- Have your child find a symbol to let others know that he or she is studying. Whether the symbol is a hat or a small figure to place on a desk or table, others will know that your child needs the surroundings to be quiet. The study symbol will also act as a small ritual your child will use before entering "study mode." Only use this symbol for studying and not while daydreaming or simply horsing around. If the symbol is related to anything other than studying then it will become a distraction and can lead to daydreaming.
- Let your child know that if they feel the need to daydream or let their mind wander for a minute, then they need to stand up or turn away from their books and notes. Your child should not have to leave the room. The act of standing or turning away helps to get their mind back on track. After a few attempts, your child will only have to think about standing up to get back into the study groove.

See over ↪

Help Your Child Study Successfully

- 🍏 Have your child stop and count to ten when reading. Anyone's mind can wander while they are reading, so counting to ten will help to stay focused. This method should only be used when your child cannot concentrate. It's almost an "in case of emergency" kind of study tip.
- 🍏 Set aside a certain time to begin studying. Help your child make this study time an everyday habit. Your child will find that studying is much easier to get going without daydreaming or getting off track when it becomes more and more of an everyday habit.
- 🍏 Daydreaming can happen at any time while studying, but starting on an unfinished task right before your child begins to study will cause their mind to bounce like a basketball! If your child starts any unfinished task, such as cleaning their room, right before studying then your child will only think of finishing their room. Unfinished tasks seem to be remembered much longer than finished ones. Focusing on studying a few minutes before actually beginning to study will keep your child's mind on a clear one-way street!
- 🍏 Help your child to keep a reminder pad for thoughts they may have while studying. If your child thinks about an unfinished task, have them write it down on the reminder pad and get back to studying. Writing the task down will allow your child to relax more because they know that the task won't be forgotten. Worrying about things they forgot to do will only interfere with their studying and peace of mind.
- 🍏 Help your child to relax before they begin to study! Many children have hidden fears of textbooks that cause anxiety and nervousness before studying. Try having a small snack with your child while talking about their day. If your child likes a certain song or television show, allow them to enjoy it before they begin to study. Knowing what brings your child happiness and relaxation can help you help your child to use effective study skills!

These are some methods you can try as a parent to help make your child's study habits more useful. Use one or all of them, but keep in mind that your outlook on school and studying is a form of leading by example. Be a positive role model in your child's education and you will notice drastic improvements!