



Achieving Excellence Through Education

Armenta Learning Academy

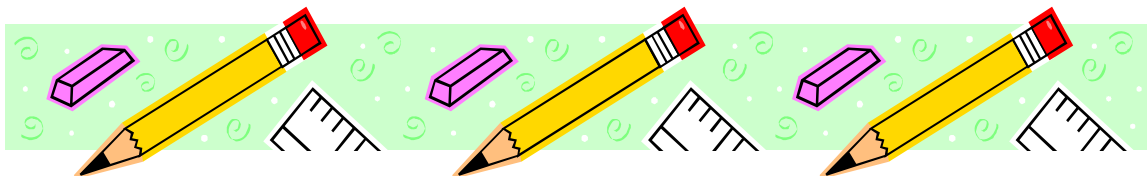
How to Help Your Child Complete a Successful School Year

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Parents often ask us how they can help their child be more successful in school. Your child's success will increase by building good study habits, and by you getting involved with your child's learning. Listed below are several ideas to assist you, while you are getting ready for the rapidly approaching school year. I hope these ideas will help you challenge and motivate your child to learn. I look forward to working with your child on their academic journey, and having a successful school year.

Building Good Study Habits:

1. Provide a quiet work place that is free of noise and distractions. The focus needs to be on studying, not watching television or talking on the telephone. Make sure family members and visitors are respectful of your child's study time.
2. Create a daily study schedule. Begin by setting 20 to 30 minutes of study time, depending on your child's age. For children in the primary grades, the most common time frame is one hour. For middle school grades, the time frame can range from two to three hours. High school students usually spend at least three hours daily doing homework. The best time of day to study is right after school or right after dinner.
3. Keep the same study schedule even if your child does not have homework. That time can be spent reading, doing math, or something you assign. Encourage your child to work ahead, as this will help your child become disciplined. A child is more apt to succeed when he/she is stimulated and challenged.
4. Continual review of material learned is one of the most IMPORTANT keys to educational success. Review in the car with your child, in a line, in a store, anytime you are with them.
5. If your child is having problems getting started with homework, help them with the first problem, or give an example. This will enable you to ask questions and to show an interest in their work. Sometimes it helps when you role model and do some reading and work on your own while they are working on theirs. This is a great way to spend some quality time and learn together.
6. Encourage your child to check his/her homework for completion and accuracy. You should check your child's work as well, feel free to work with them and ask your child to explain the material if you have any questions. This will build verbal communication skills, and it will show you whether your child has mastered the concept in question. (Note: If after your child explains the material to you and you are still in doubt, call or send a note to your child's teacher.)
7. If your child tends to procrastinate and waste study time, set limits on how long he/she has to complete a task. Encourage your child to set daily, weekly, and monthly academic goals.
8. Work before play is still one of the BEST study rules. This builds discipline – not procrastination.
9. Check with your child's teacher to see what schoolwork is to be done. Consider asking your child's teacher for weekly or monthly contracts.





10. Get progress reports from your child's teacher on a regular basis. DO NOT WAIT until report cards are distributed to see how your child is progressing and if improvement is needed.
11. Praise and rewards tell the child he/she is being successful. This builds self-esteem and encourages your child to learn.
12. CONSISTENCY is the key word in building a habit.
13. Encourage your child to ask questions when they do not understand what they are being taught.

Parent-Child Learning Activities

1. Read *with* your child 20 to 30 minutes each day or several times a week. Try trading off reading paragraphs or pages with your child. You will find that your child gets less tired and stays more interested in the story.
2. Read *to* your child. Children can understand and enjoy material they cannot read by themselves.
3. Have your child read *alone* 15 or 20 minutes daily, more if he/she wants to. Challenge your child by making a graph and charting the minutes read each day. Your child can do the charting (this also teaches math skills). Rewards can be given based on the number of minutes spent reading each week. Rewards may be money, a movie, extra TV time, staying up later, spending time with a parent, etc.
4. Take your child to the public library to check out books.
5. Take time to read yourself, and make sure your child sees *you* reading. This creates role-model reading.
6. Each day discuss things that are happening in the news or what your child did in school that day. Many times these conversations will take place during dinner.
7. Play games with your child. Games will help your children learn to think, and they give you and your child a chance to spend some quality time together.
8. If you have free time on the weekends, consider taking your child on short trips around the city or state. This will increase your child's knowledge about the environment in which he/she lives, while providing a stimulating experience.
9. *Always* be realistic about what you expect from your child.
10. Successful experiences lead to more success – praise your child.

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