

9 Tips for Back to School Success

The stores are already stocked with lunch boxes and backpacks and colored notebooks. This time of year is a relief to many as families get back into routines. However, others might have a sense of dread as they anticipate homework battles and working hard to overcome learning obstacles. Here are a few ideas to consider that could help your child have a great school year.

- 1. Prepare the night before.** Help children settle into the routine of taking a few minutes each evening to lay out clothes, pack lunches, and place backpacks beside the door.
- 2. Consider organizing for the week.** Take it a step further by having your child select and lay out clothes for the entire week. This weekend activity makes what might be a stressful everyday issue into a onetime deal. Many lunch preparations can be also done in quantity once a week.
- 3. Homework tool box.** As you shop for school supplies, be sure to stock up at home too. Project supplies, plenty of pencils and paper, note cards, and other tools your child needs to accomplish homework help things go smoother, particularly during a busy week.
- 4. Homework help.** If homework tends to drag on with lots of complaining, try a timer. Set a timer for 15 to 20 minutes for work, then 4 to 5 for a break to walk around, get water, or go to the restroom.
- 5. Homework surroundings.** Pay attention to what makes up the ideal homework environment for your student-does he need to be with others or alone? Working at a desk or on the floor? Children, like adults, have ideal environments that enhance concentration. It takes a little trial and error to determine what that looks like.
- 6. Study within your learning style.** If your child is more of an auditory learner or is talkative, be sure he spends some time just talking things out either with you or alone. He should read material out loud and let you call out questions for a test. If your child is visual or likes to draw, be sure he studies with colored pens and markers and draws pictures and diagrams. If your child is tactile kinesthetic or likes to move around and is always touching things, be sure he changes his study environment often, even walking around the house, sitting on the stairs, as well as finding ways to interact with information like using a real plan when studying about plants.
- 7. Getting to class with all the right stuff.** If organization is a problem, particularly for older students, try color coding subjects. Purchase book covers and matching notebooks in solid colors, so that he can grab all the red ones for math, the yellow for history, and so forth. For students with lockers, a shelf can divide morning classes from afternoon.
- 8. Write it down.** Help your student plan assignments with a calendar. Plan projects in increments and note special events on the calendar that might cut into work time so that he will begin to study ahead in order no to miss a soccer game.
- 9. Couch potato time.** Hopefully, your student is no couch potato, but it is a good idea to sit down on the couch for a few minutes with your student after you get home. Go through assignments, ask questions about his day, plan out schedules, and clean out the backpack together, setting it up for the next day. Reading with younger children, calling out math facts, and more will help your student succeed, and it provides a few minutes of quality couch potato time minus the television.

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