



WHAT PARENTS CAN DO TO HELP THEIR DAUGHTER STUDY MORE EFFICIENTLY

- Provide a consistent study time. Even if she says she has no homework, make her review notes and/or vocabulary, review math problems, do research for future projects, read ahead, etc.
- Provide a quiet, well-lit study environment with a desk or table and a comfortable chair. Have her “check-in” her distractions during study time - cell phones, ipods, etc. when the items are not being used as educational tools.
- Check her assignment notebook and help her prioritize assignments. She should do her hardest subjects first while she is fresh.
- In order for your daughter to be successful in a college preparatory school, we recommend that she studies for three hours a day.
- Encourage your daughter to take breaks every thirty minutes or so. However, make sure she returns after ten or fifteen minutes to resume studying.
- Be available to quiz your daughter for test preparation. If your daughter reads slowly, you may want to read together. You can read some aloud, and she can read some aloud. If she does not understand the material, this is a good opportunity to do some explaining which will enhance
- comprehension.
- Don't be afraid to look at your daughter's notebooks and folders. She shouldn't be hiding anything in there. Make sure that they are organized.
- Remind your daughter that her teachers want to work with her to succeed. All the teachers are more than willing to help.
- If your daughter needs some external motivation to stay focused she can be placed on an Academic Monitoring Sheet (tracks assignments daily) or fill out a Score Card (tracks grades weekly, missing assignments).
- Your daughter wants independence, but independence does not mean “no collaboration.” Remind your daughter that you are in this together. We are all in this together. Reach out to other parents. Ask a lot of questions.