


Promoting Positive Academic Habits in High School Students


Objectives



Address Study Skill
Challenges



Explore
Organizational and
Time Management
Strategies



Provide resources
and ideas to develop
healthy academic
habits in students



**What is your
student's
greatest
challenge when
it comes to
academic
habits/study
skills?**



Common Challenges

Course workload

Extracurricular
Activities/Sports

Electronic
Distractions

Organization

Studying for
tests

Managing time

Self-care

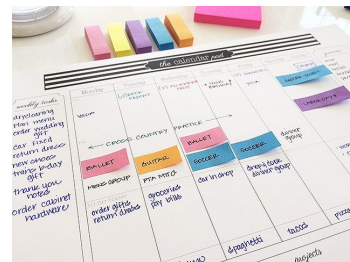
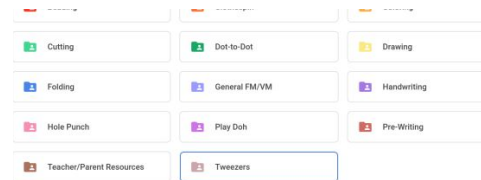
Procrastination

Common Strategies Successful Seniors Have Reported:

- Utilize downtime, lunch, ARC, tribe time
- Routine for homework after school
- Use a planner of some form



Organization



What needs to be organized?

Organizing Study Environment

- Quiet, well lit space, natural lighting
- Use the same space
- Keep it organized, have needed materials before you begin
- Foods/drinks
- Avoid bed
- Remove visual and auditory distractions (TV, Phone....)
 - Set boundaries with phone
 - *Sometimes* instrumental music helps some students focus
- Add personality (pictures, plants, positive quotes)

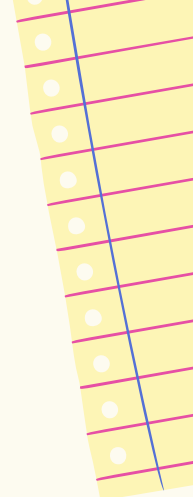
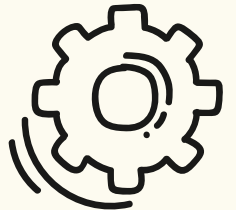


Organizing School Work

Organizing Materials

- *What does the student need for each class?*
 - One folder/binder each subject
 - Separate label sections for notes, assignments, labs, quizzes, tests, questions
 - Ensure all pages are secured neatly in folder- do not shove or overload

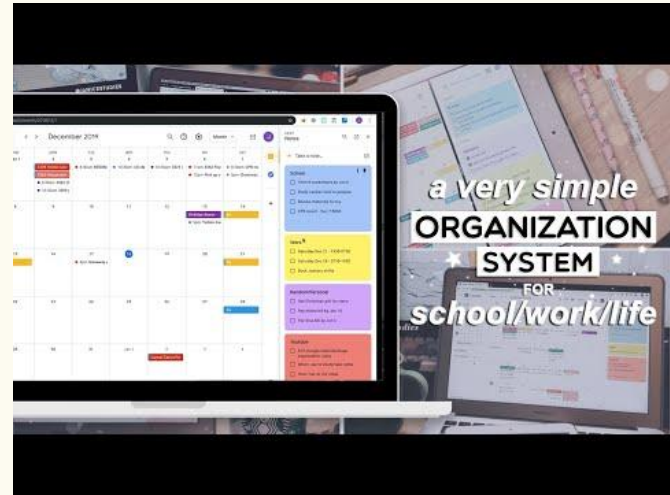
The key to organizing anything in your life is that it has to fit who you are – one person's organizational system may not work for everyone!

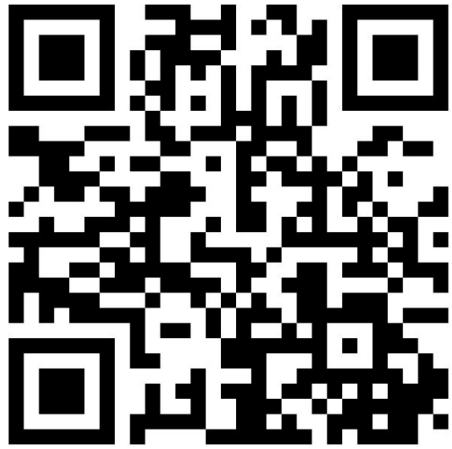


Organizing School Work

Using a Planner

- Paper/digital
 - Immediately write down homework assignments in planner
 - No homework -write no homework
 - Label the handout or page “homework” and include the due date
 - Planner checks





**When does you
student prefer
to do homework?**



Managing Time-Setting Routines

- Designate time frame to study
- Students know what to expect
- Productivity
- Stick to tasks and make good choices
- No HW: Check for missing work or prep for upcoming projects/tests
- Sleep
 - 8-10 hours a night
 - Set consistent bedtime routine to unwind
 - Set limits and boundaries from electronic distractions
 - Blue light- stimulation

Resource **Weekly Time Management Schedule*



- Work
- Personal

Time Management Weekly Schedule

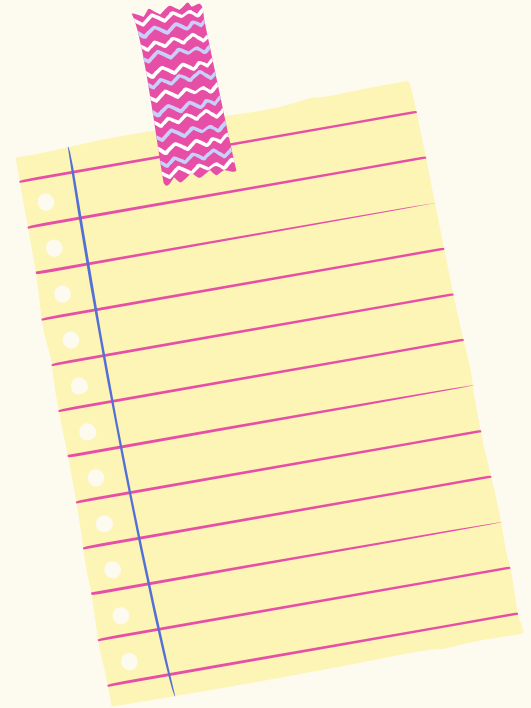
Name: M.S. Putman

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-6 a.m.	Wake up	Wake up	Wake up	Wake up	Wake up		↓
6-7 a.m.	Dog	Dog	Dog	Dog	Dog	Wake up	Wake up
7-8 a.m.	Work	Work	Work	Work	Work	Yoga	Yoga
8-9 a.m.	↓	↓	↓	↓	↓	↓	↓
9-10 a.m.						Grocery shop	Dog park
10-11 a.m.						↓	↓
11 a.m.-12 p.m.							
12-1 p.m.							
1-2 p.m.						BF	
2-3 p.m.	↓	↓	↓	↓	↓		
3-4 p.m.	Drive home	Pick up dog	Cheer	Cheer	Dedicate time	Family / Friends	Meal prep
4-5 p.m.	Dog park	Cheer	↓	↓			
5-6 p.m.	Dinner	↓	Dinner	Dinner	boyfriend friends dinner		
6-7 p.m.	↓	↓	↓	↓			
7-8 p.m.	Relax TV, movie	Dinner	Relax	Relax	↓		
8-9 p.m.		me time	↓	↓	↓		set ready for the year

Prioritizing Time

What should the student do first?

1. Contact teachers
2. Create an assignment to-do list
3. What is due the soonest?
4. What will take the longest?
5. Which assignment has the bigger weight?
★ **Grade Calculator Tool - studentvue (3:32)**
6. Utilize your most productive times of day
7. Take advantage of lunch time support for most difficult classes



Resource *No Frills Daily Schedule List

How long should my student be doing homework?

- Chunking their homework time eases stress
 - 25-30 min focused work time followed by 5-10 min TIMED breaks
 - Student check in with self after 30 minutes, if he/she feels they can continue working do so!
 - Wandering minds could mean a healthy break is needed
- Make sure student is using downtime throughout the school day to tackle some work
- Could be “multitasking”



WHAT IS A HEALTHY BREAK?



Exercise

Physical movement helps you learn!

Nap

Reset yourself with a **SHORT** nap (15-30m)

Treat yourself!

Make tea, coffee, or a healthy snack



Do a hobby

Play a video game, pick up an instrument, draw/color, etc.

Tidy up!

Clean up your room, workspace, or get a chore done.

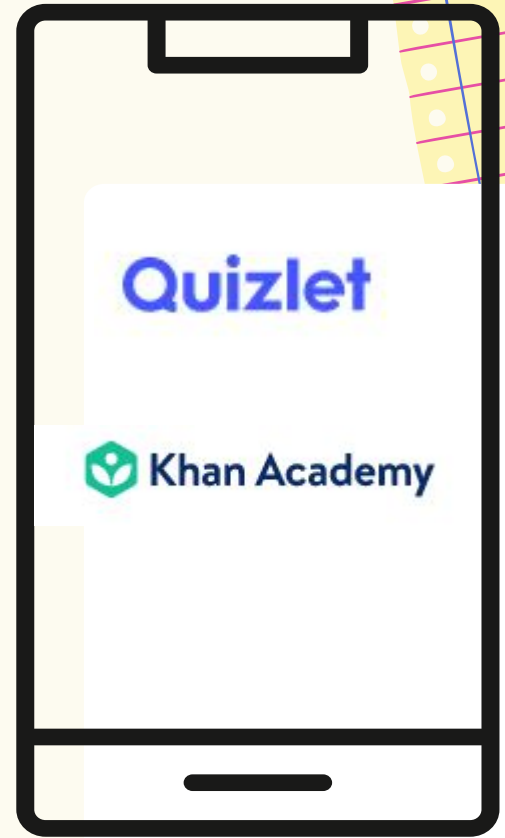
Update to-do lists

Cross things off of your to-do lists for a boost of motivation!



Study Tips

- Take notes in all classes during instruction
- Rewrite/ highlight notes (repetition/memory)
- Make their own study guide
- Handwritten/Digital flashcards
 - Have someone quiz them!
- Review materials with a classmate
- Limit distractions (TV, Phone)
- Start studying days in advance
 - do not cram the night before



How Do Counselors Support Students?

Communication

Email/call families

Meet with students

Freshman Advisory

Run various supportive groups

Presentations - classrooms and evenings

Are Available & Supportive

Meet students:
-Before/after school
-Lunch times

Email

Holistic approach

Track Grades

Grade tracking

Problem solve with students

Reinforce self-advocacy

Encourage School Supports

ARC

Tribe Time

Check ins with teachers if needed

How Can Parents Support Students?

Communication

Communicate with your student about school

- Dinner time conversations
- Ask about what classes they are taking

Be vulnerable

- Share own experiences

Be Available & Supportive

Celebrate small victories

Help students see failures as a learning experience

Help with the process of completing an assignment

Encourage breaks

Track Grades

Looking at parentvue weekly if grades are slipping

Encourage student to track their own grades

Planner checks if struggling


Encourage School Supports

ARC

ASAP


Check ins with teachers if needed

Attend Parent/Teacher Conferences 11/16 and 11/20



Thank You!!

Any Questions?



Please provide
feedback on the
sessions you attended
this evening

(can be completed after each session or once at
the end of the evening)

