

HOW CAN I HELP MY ADOLESCENT STUDY AND COMPLETE THEIR HOMEWORK?

It is not necessary to be fluent in your adolescent's particular course or its material. A parent or guardian's role may be to prompt the adolescent to recall and reflect upon the day's lesson.

You could ask:

Read the problem out loud to me.

How did your teacher explain it to you?

Can you explain the steps to me?

Do you have a similar example in your notes?

Did you do any similar questions in the work you tried in class?

How did you do those problems?

What do you need to know to be able to do this question or problem?

Sometimes when the student becomes the teacher the process and answers become clearer. The person doing the talking is the one doing the learning.

You can help your adolescent time manage assignment planning by working with them on using their Student Agenda. Daily homework should be entered, well, daily! Long term assignments and major exams should be entered on the day they are due. As well, regular study days leading up to the major exam should be entered. The term assignment should be broken down into smaller manageable portions with interim deadlines. In this way your adolescent will not be up all night stressing, and causing you stress, the night before a major assessment is due.

Teachers recommend that students read over notes given every day. This should take no more than about 20 minutes. Regular review helps the brain to remember facts and process better than cram studying. Statistics would support that students who complete homework regularly achieve high grades in their courses.