

Study Skills

How to support your learners

High school can be hard...

- Studies have shown that school is the most stressful thing in a child's life
- More isn't always better! Kids need time to relax and be kids. They will be adults soon enough

Here are some things that can help

- Get an agenda planner! Grade 8's were given one this year.
- Digital apps can work too, but check with kids daily.
- Have them write down due dates, test dates, quizzes etc. It will help plan the next step!

Time Managment

This isn't just managing time, but using the time they have in a more useful way.

- Break homework and study time in a manageable chunks. Ensure regular breaks are taken
- It's helpful to set a timer.
- Neurodiverse learners may need more frequent breaks. It's ok!
- Use the time wisely – Start with the assignment that will be the most difficult.
- Know your own learning needs
- USE FLEXTIME!!!!!!

Take notes

Don't just read a page over and over. Take notes on it.

- Summarize the key ideas.
- Identify unknown vocabulary
- Make connections to prior knowledge
- Use a format that works for you!
- Take a look at TikTok videos on different note-taking skills. They are quick and easy to watch.

Reading for pleasure

- It doesn't have to be academic to be worthwhile.
- Audiobooks are valid. So are graphic novels and comics.
- Our Teacher Librarian is amazing! Access our Learning Commons/Library.