

REVIEW CHECKLIST

For teaching study skills

For older children

**Organization and time management:**

- Do I understand the skills required to be organized, and manage time well?
- Do I convince my child that organization will make his life easier?
- Did I present a time-limited project on organization to my child?
- Did I consider my child's learning style, temperament, and sensory system for the best approach when teaching organizational skills?
- Did I create a homework chart with my child to schedule homework and playtime?
- Do I evaluate the homework/playtime chart on a regular basis, and tweak as necessary?
- Am I patient with my child, and do I have realistic expectations?
- Do I bite my tongue when I feel the urge to nag or lecture?

**Learning styles:**

- Do I know what my child's predominant learning style is?
- Did I give my child three practice spelling quizzes to determine her learning style?
- Did I space out the practice quizzes with my child's needs in mind?
- Do I teach to my child's learning style?

### **Distractions:**

- Does my child have a designated study space, and does the study environment minimize distractions?
- Do I brainstorm how to reduce homework/study disruptions (with my child)?
- Did I conduct a time-limited experiment with my child that shows the results that eliminating distractions can bring?
- Does my child know what type of questions a smart thinker asks?

### **Note-taking:**

- Did I help my child develop the skill of note taking?
- Do I know the extent of my child's note-taking skills?
- Do I help my child identify important information within text?
- Did I explain what a telegram is to my child, and play Western Union with him?
- Did I help my child create a shorthand system that works for her?

### **Preparing for tests:**

- Do I know if my child is anxious about taking tests?
- Do I know what triggers anxiety for my child when it comes to taking tests?
- Did I teach my child breathing techniques to relax and reduce her anxiety?
- Did I help my child develop a list of positive self-statements he can use before and during a test?
- Did I help my child practice visualizing herself using self-calming techniques?
- Do I help my child study, and practice test-taking with him?

### **Other study skills:**

- Do I help my child create a checklist for tackling school projects, and studying for exams?

- Do I encourage my child to become an active learner, and provide opportunities for this to happen?
- Did I introduce the SQ3R method for studying to my child?

### **For younger children**

- Do I establish a good foundation for educational success in regards to homework and study skills before my child needs them?
- Do I find ways to help my child develop effective listening skills?
- Do I encourage my child to ask questions if she does not understand something?
- Do I help my child learn what works to help her work quietly?
- Do I find ways to teach my child how to tell time?
- Do I help my child learn how to prioritize what needs to be done when solving a problem?
- Does my child get sufficient sleep to enhance his brain's ability to learn?