

Parenting Partners This Week

Success Starts At Home

Top Study Skills

Game Plan for Test Preparation

Your students are probably learning some key skills for test preparation at school.

- Do you know which skills they are learning?
- How do they get ready for tests when they're studying at home?

Study skills are your students' game plan for success. You can coach them on some of these skills, so here are some ideas that other families have been using successfully.

Survey

- My children already have a great system for studying for tests.
- I'd like to know more about how they get ready for tests.
- I'd like to teach my children some skills to make their studying more effective.



Think Tank – Test Preparation Ideas

How to make class time count

- Sit where you can see well and pay attention.

College football teams often require their players to sit in the front row of all their classes. Why? Their grades improve because sitting in front takes away distractions and improves concentration.

- What supplies do you need for taking notes? Do you have them ready to use?
- Ask questions that help you understand the main points the teacher is presenting.

Most teachers want discussion, not just lecture. Ask some questions and get things going!

How to study for tests -- reviewing and organizing your notes

Tests are often covering a combination of class lectures and reading assignments.

- Review your class lecture notes fairly soon after class.

- Highlight your notes so that you can study the main points.
- Find the reading sections that match the class lecture – highlight the important points.
- Make study notes or notes of the main points on 3x5 cards.

Try to learn the main points first.

- When you understand the main points then the details will be easier to remember.
- If the material doesn't really make sense to you, you won't remember it well.
- So focus on understanding before memorizing.

Study the more difficult material first, when you have the most energy.

[How to improve your memory for better test results](#)

Teach the main points to someone else! Let them ask you questions.

- “Tell me and I forget, teach me and I may remember, involve me and I learn.” Benjamin Franklin

When we teach material –which is to say, we talk it through with someone else—it certainly improves our understanding and memory. That makes it easier to apply the material in a test situation, class discussion, or project.

- Talk through the main points with your parent or study buddy.
- They should ask you questions or test you on the material. When you explain things in your own words your memory will improve.
- Are there review questions at the end of the chapter or practice tests? Try practice answering those questions.

Don't lose sleep! If you get your right amount of sleep, then your memory and concentration will be better. Getting sleep is a better strategy than staying up too late cramming in a few more factoids.

Take short breaks during your study time. When you move around you keep up your energy and the blood flow to your brain.

Water yourself. Being well hydrated helps your brain work at its best. Waters and juices are great. Caffeinated drinks don't provide that benefit; they pick you up, and then make you feel like you've crashed.

Don't worry about it. When you have learned the material, then relax and have some fun! That will give you confidence that you've done a good job studying. You'll do better on the test with a relaxed, positive attitude. Worries are a waste of energy.

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