

Boys' Literacy Tip

HWCDSB

“We are what we repeatedly do. Excellence, then, is not an act, but a habit”
~Aristotle~

“You learn to speak by speaking, to study by studying, to run by running, to work by working; and just so, you learn to love by loving. All those who think to learn in any other way deceive themselves.”

~ Anatole France~

I never stop studying. There's always lots to learn. When you stop learning, that's about the end of you.

~John Morton Finney~



Hamilton-Wentworth Catholic
District School Board

Believing, Achieving, Serving

Establishing Good Study Habits in Your Teen

If you are like most parents, getting your teen to do his homework or to study for a test is sometimes like pulling teeth—except that it's more painful for you. Most teens would rather do anything else than study or do homework. So, how can parents help their teen establish good study habits and keep their sanity? Here are few tips:

1. Ensure the 3 S's—Help your teen organize his **supplies, space, and schedule**. Make sure that he has the supplies he needs to help him study: pens, pencils, paper, report covers, ruler, dictionary, stapler, highlighters, etc. Your teen will need a space designated specifically for studying, and away from distractions. Provide a calendar on which he can fill in the dates for his upcoming assignments, projects and tests. A calendar will help your teen to schedule or plan his studying time and is a good time management strategy. If your teen schedules a regular time each day for studying, he will get into a routine and accomplish more.
2. Encourage your teen to study in short, frequent sessions. Short bursts of concentration repeated frequently are more effective than one long uninterrupted session. When studying, make sure your child takes regular breaks. Our brains need the break to recharge and assimilate the information. Studying for long periods of time is not only boring, but it also leads to frustration and distraction.
3. A good diet and a regular sleep schedule will also help your teen succeed academically. Ultimately, you can help him become a great student by providing him with a positive environment and encouraging a positive attitude toward learning.

