

Korematsu Middle School  
*Helping Your Child Succeed in Middle School*  
Presented by Gail Simpson, Counselor

**Session 2: Study Skills**



**A. Introduction**

Kids feel a lot of anxiety and excitement about the changes that come with middle school. Their focus is outward, on other kids and creating a sense of community with people outside their families. Even when they ask to be left alone, they actually want us to be with them and help them through the transition to middle school. Help translate the stress of transition into support for the student. Tell them they are not alone, that you are going to help them, you're going to do it together. The road to strong study skills will take baby steps.

**B. Using time effectively (All forms listed are linked on the website)**

1. Print a copy of the "Time Use Chart" and fill it out together during any one-week period that you choose.
2. Then translate this data into "Summary of Activities for the Time Use Chart".
3. Use the "Evaluation of Time Use Summary" for ideas about how to evaluate the information in the Summary.
4. Use what you have learned to fill out the "Planned Weekly Schedule". You can use this form on an ongoing basis to keep on track.

**C. I've scheduled study time – now what?**

1. Use the "Study Skills" handout.
2. Remember that what motivates children at this age is friends, so we have to train them to sit still and focus on school work. Motivate the student with treats/rewards.
3. The "Study Skills" handout has all the other specific tips and recommendations.

**D. How parents can support their student**

1. Adult should actually check homework. Check the planner/powerschool/teacher website for assignments and check that the homework is actually done. They may say that they finished all their homework when they didn't. They may not be lying, they're just confused.
2. Stay involved. This tells your student that you care and that school work matters. Choose to do educational things together that the student is interested in: documentaries, museums, etc. Chosen by the student!
3. Encourage reading by having a lot of different reading material around and allowing student to choose whatever non-school material they want to read in their free time. Ask them about what they're reading.
4. Make sure students are in class the day before an exam, because there is often a review to help prepare for the exam.
5. The more you talk to your student about school, the more they will know that you believe that school matters.
6. Consider reading the book recommendation "Mindset" by Carol Dweck.

The next session is "Building our Student's Summer Resume for College Admissions"