

Presentation by the Community Advisory Committee

- the CAC is a group of parents, educators and community members interested in helping children special educational needs.
- one of their activities is to present parent information nights on topics of interest indicated on the parent survey

Your homework tonight:

Learn ways to help your child be successful with their homework and reduce your suffering.

Why is it so hard?

Behaviors - theirs

- avoid or waste time
 - you can _____ as soon as
 - wanting too much help . . . 3 tokens? spend them wisely
- prevarication - assign a task, they realize they might as well do what gets them kudos from the teacher.
- tantrumming - “You can start your homework as soon as you are calm then you can have free time when it is done.” Then walk away.

Yours

- Avoiding - set a time and a place, make it a priority.
- Plan how to approach what you know will happen. Get your script ready.
- Be reasonable... not angry.
- Listen maybe it is too hard, check it over. If you can't figure it out, write a note to the teacher.
- Try to contain your ego.
- Don't do the work for them, but do look it over.

At the end of the presentation:

- You will know what things usually work.
- What things aren't helpful (even though your teenager may disagree).
- How to set up a study center for your child.

Helping your child, not torturing yourself.

- How much homework?
 - most districts set at 10 minutes per grade.
- Purpose of homework?
 - practice of taught skills
 - completion of projects

What works? What doesn't?

- Consider the child's age . . .
- Consider the child's needs . . .
- Consider the purpose . . .
- Make certain your child understands your expectations. Make it as positive as possible. Reward charts (see handouts)
- Park your ego. Maybe it can't be you.
- Consider Research . . .
- Consider what is already in place . .

Research shows ...

(I am a psychologist, after all.)

- Typing notes over doesn't help.
- Reviewing information 4-7 times a week for short time periods is preferable to lengthy single sessions.
- Studying in the location where you have to take the test improves performance.
- Utilizing a system like SQ3R.
- Pre-teaching or pre-learning the vocabulary. (90% of students who would otherwise fail don't)

Other considerations

- Studying in a noisy or distracting environment doesn't help.
- Studying too late into the night isn't helpful. A tired brain is not able to work optimally.
- Having a study center with materials set up helps.

Homework for the very young.

- Purpose?
 - Establishing a pattern: Let's learn to get that paper home, work on it and get it back.
 - To provide extra practice.

Whose job is it anyway?

- Your child's.
- Are you willing to allow them to establish a pattern that will lead to them underachieving?
- Start them out right, maybe they will keep using some of the right skills.
- When do you let go? What if you can't be the one to provide the support at home?

Where should a child do their homework?

- Where there are few distractions.
 - Are they using the time effectively. That 10 minutes per year means 10 minutes of work.
- In the same location 4-5 times per week.
 - Friday night?
 - At a desk with all the needed reference materials and tools present.

The study center:

- Table or desk.
- Tools - depending on age, grade and course.
- Limit distractions. (cell phones, TV, popular music, arguing in the background)
- Appropriate reference materials. (dictionary, encyclopedia, thesaurus, planning calendar internet?)
- In view or in a room with door open.

What really works, according to research.

- Cornell style notes.
- SQ3R
- Study cards.
- Frequent reviews.
- Well designed study sheets.
- Study partner using study cards, notes and study sheets.

Cornell Notes

- Fold paper over one-thirds.
- Take notes in larger box.
- Use abbreviations
- Review & fill in anything questionable
- Write questions in the smaller column.
- Fold and study your own questions.
- Take notes only on things you don't know.

	Science 11/18
What identifies a mammal?	Mammals r animals that give birth to live animals - feed babies milk
A reptile?	Reptiles have scales, lay eggs, r cold blooded.

SQR3

or other study system the school uses

- Survey: look the material over, notice bolded words, turn headings into questions
- Question: read the questions you will have to answer.
- Read: the material
- Recite: answer the questions
- Review: go back over the material you have to remember

Study cards

- cut paper or use 3 X 5 cards
- write questions on one side and answers on the other
- put the cards in a small envelope (mixed up is fine)
- take the envelope out in “dead time” and review them. A backpack pocket is good place to keep them.
- when the info is mastered tear the card up

Use what the school uses:

- Agendas, check them. Are they writing down their assignments, calendaring due dates, etc.?
- Powerschool: You and/or your MS/HS student can most likely look up assignments. See what is missing etc.
- Some schools have “homework lines”.
- email: Most teachers prefer that to calls.

How well did you do on your homework?assignment?

- What are 3 things that work?
- What are three things that don't work?
- What are three things that you are going to do differently?
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