



December



Counselor Newsletter

It is hard to believe that we are at the end of the second quarter and the calendar year. Before our students go on break and begin the Christmas celebrations, it is time to recall all the information they have learned. Our middle school students will be taking examinations and our elementary school students will be wrapping up projects and taking tests.

Students have a better chance of succeeding in college if they master organization and study skills now. Here's how you can help your child get organized and learn to study effectively. While many teachers spend some class time teaching study skills, students often need more time spent at home. In middle school, there's more homework, it becomes more difficult, and it requires analytical skills

The study skills your child needs to do well on their tests now, are the same ones they will need to succeed in high school and college: getting organized, taking good notes, and studying effectively.

Study Tips for Students

Preparing for multiple tests at one time can seem like a daunting task for students. Students can begin to feel stressed and anxious about where to begin. This can result in an avoidance of preparing. If students know how to prepare for testing and put in the time, they will have confidence when going into an exam. Students should try the following...

- Make note cards, review sheets, and utilize Quizlit and IXL to practice
- Studying in a group. This is a good way to test yourself, bounce ideas of your classmates, and gather missed information.
- Make a schedule and break up studying over a period of time. It can't be done all in one night
- Take care of yourself- hydrate, eat nutritious meals, take breaks and exercise to stimulate your mind.
- Get a good night's sleep. Rest and a full eight hours of sleep are important for being successful the next morning.



What Can Be Done at Home?

To be successful on testing, work must be put in outside of the classroom. Parents can help students at home by...

- ▲ Preparing a quiet place to study
- ▲ Providing study materials like flashcards and review sheets.
- ▲ Make it fun- play trivia or other quiz games that are interactive
- ▲ Reflect on what works
- ▲ Help them destress after putting in study hours

Contact Me!

If you have questions about any of the information you read or concerns regarding your student, please contact me at dabrosca@seseton.org or calling 239-455-2262