



Setting Your Student Up for Success

Agenda

Introduction

Study Skills

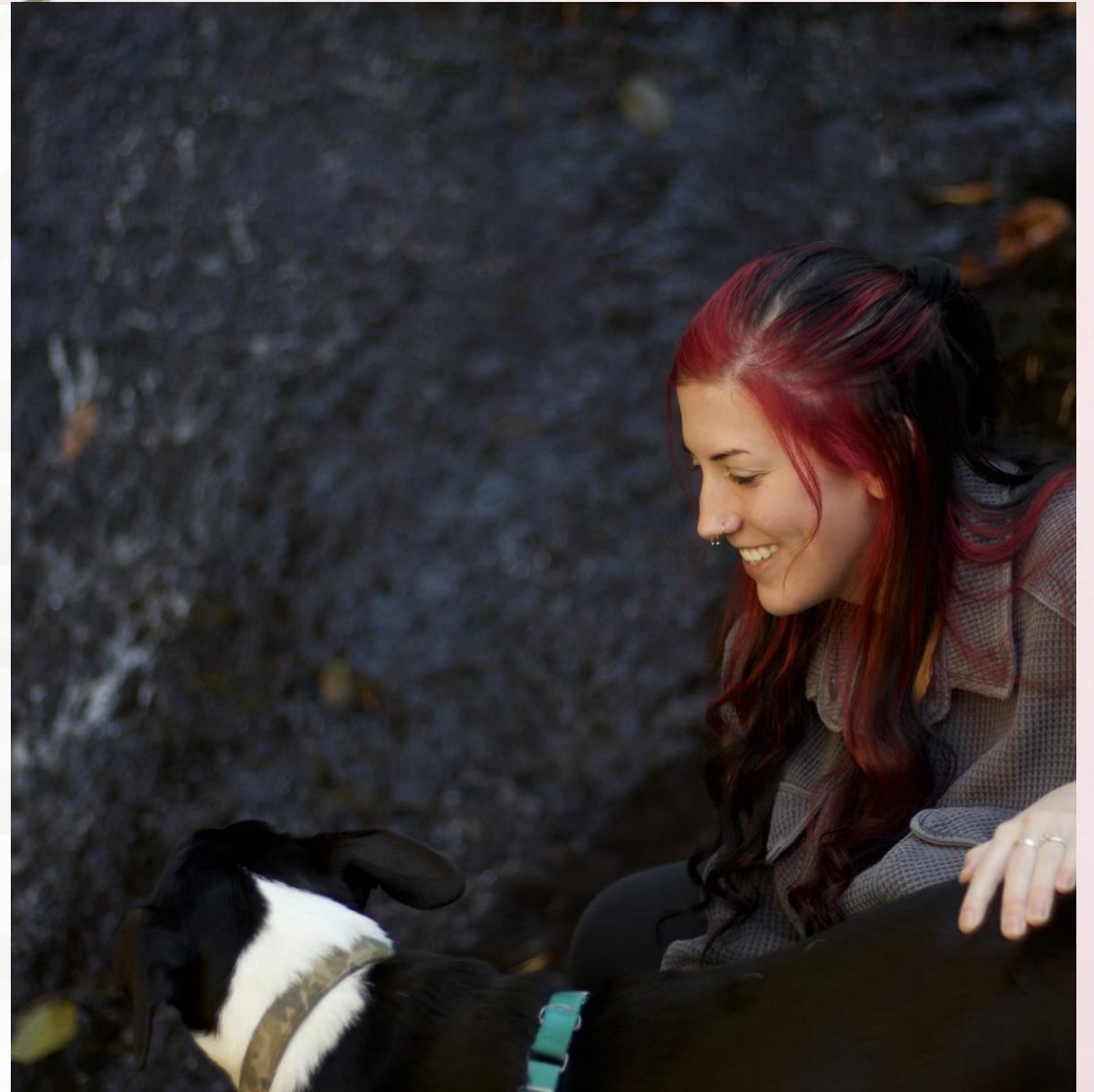
Building confidence

Autonomy and Independence

Anxiety and Overcoming Big Emotions

Final tips & takeaways

Introduction





Study Skills and Organization

How this changes throughout the years

Study Skills and Organization Tips

As your student grows, so do their study habits, organizational skills, and level of difficulty in maintaining their workload.

Some skills by grade level could include:

- *Kindergarten:* Having set routines and times for homework and outside of school help
- *First and Second:* Giving your student the chance to solve things themselves during their set time to build autonomy
- *Third:* Have your student be in charge of certain things such as their take home folder or a part of decisions such as the times they start homework or studying. Starting a chart or whiteboard calendar could help with this task
- *Fourth and Fifth:* Have your student start setting their own schedule and planning out what homework needs to be done and when. Look over their plan or talk it through with them, and keep your student accountable

General Study Skills



Create checklists



Set attainable goals (whether for a grade, amount completed, or participation in class)



Follow a set schedule that you develop with your student to create a routine



Find out how they learn (visual, auditory, kinesthetic, mixed) and build strong study habits around it



Celebrate their successes and the improvements they make!

Building Confidence

Believing in your child so
they believe in themselves





Building Confidence

Your student will look to you for affirmation that they're doing good.
Build up that confidence by:

- Praising their successes with positivity and rewards
- Reassuring them that there are more chances to improve and do better
- Reminding them that failures or stumbling blocks (bad grades, disappointment in self, messing up) are a part of the learning process and okay

When things get hard for them, whether it be failing a test, losing a friend, or feeling embarrassed about their efforts:

- Validate that it's okay to sit in the hurt for a moment
- Then, remind them that they're strong, intelligent, and resilient – they can come back even better because they've learned

It's okay to fall, but it's even better to pick themselves back up!

Autonomy and Independence

Building up your student's autonomy and independence, especially as they advance into higher grades, is essential to their development and success both inside and outside of school.



Here are some ways that autonomy and independence can be fostered at home regarding schoolwork and academic success:

- Give your student options but let them make the decision
- See first how they might solve the problem they're having; have them walk through it
- Allow your student to complete the task at their own pace to minimize reliance on outside sources and encourage individual problem solving



Anxiety and Overcoming Big Emotions

General anxiety, test anxiety, or any other feeling that comes with school deserves to be heard.

Anxiety and Overcoming Big Emotions

General Anxiety: your student is often anxious or nervous about one or many things in their life. It could be school, making friends, something going on at home, or conflict with peers.

Test Anxiety: This is specific to school or assessment-based problems. Oftentimes around major assessments or standardized ones like Milestones, students will start exhibiting more intense signs of anxiety due to the pressure, whether internally given or externally, of wanting to do well.

- It is important to encourage your child to try their best on these tests and to study for them as well; however, increase their confidence and calmness by reminding them that they should take pride in doing their best regardless of the score!

Big Emotions are overwhelming ones and not specific to anxiety. It could be your student lashing out in anger, isolating in sadness, or shutting down because there is too much input. Oftentimes, your student may not know how exactly to explain their bigger emotion.

How to Help

Coping Skills:

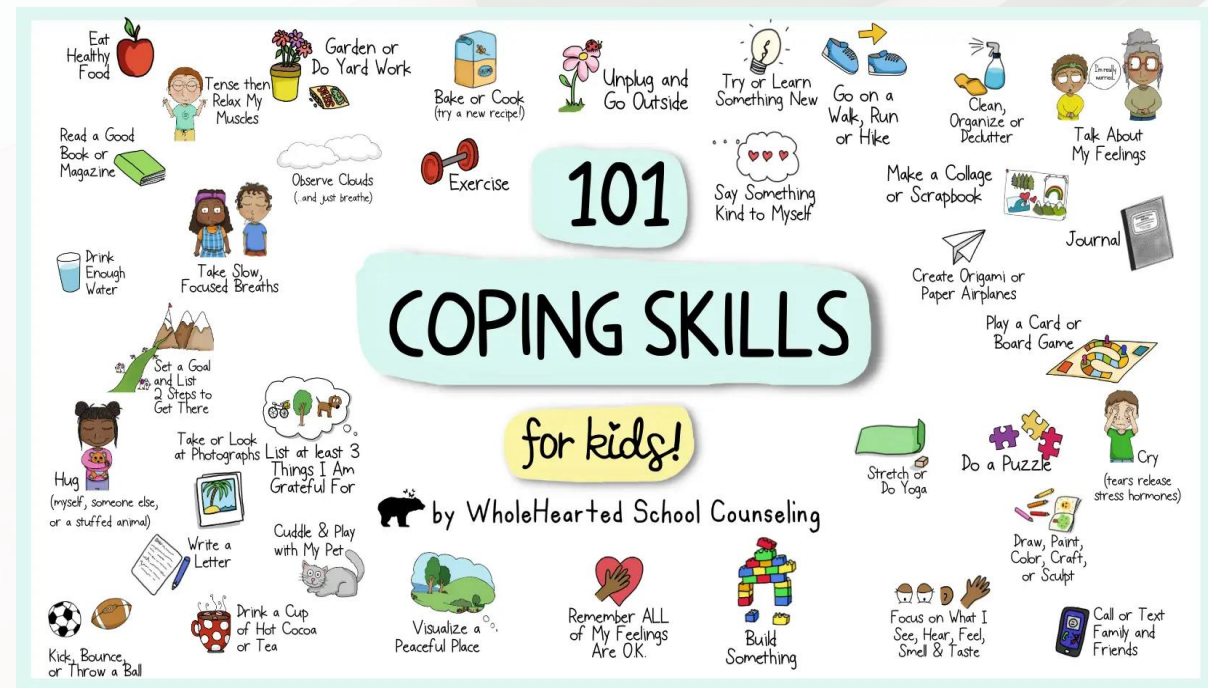
Deep breathing techniques: box breathing, star breathing, etc.

Grounding: usually sensory whether it be through something tactile or the 5, 4, 3, 2, 1 Method

Finding a hobby they enjoy to do at home (sports, musical instruments, creative outlets like drawing or painting, writing, spending time outside)

Self care: This can look different for each person, but for some it could be a hot shower or bath, having you help with their hair, or spending time reading a book in a quiet space

Exercise: on their own, with a parent, riding a bike, going for a walk



Final tips & takeaways

Study Skills

- Strengthen what they may struggle in while introducing new skills or habits

Autonomy and Independence

- Give your student opportunities to be responsible for their work and effort while still observing their progress and pushing them in the right direction

Build Confidence

- Encourage what they're good at and show how much you believe in them through words and action

Anxiety and Emotion

- Practice and model coping skills, talk about their feelings from the day or week, and remind them that whatever feelings they're having are okay

You know your child best!

The things they like and dislike, how they respond to certain things, and what can help them. I am here to work *with* you on what could help them at school.





Thank you!

Any Questions?

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