

Back to School

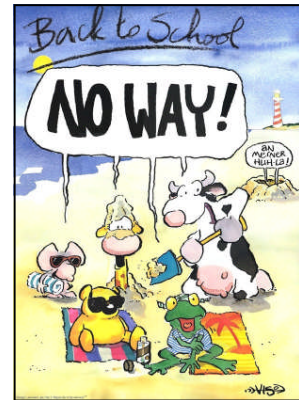
It's the beginning of the school year, and time to get our children ready for reading, writing and arithmetic. But now, more than ever, larger skills are the key to academic success.

Organization, time management and study skills are important for children of all ages, and a lack of these skills is a real problem. In fact, "chronic disorganization is a real disability, just as much as a problem with reading, math or spelling might be."

(Mel Levine, Professor of Pediatrics at the University of North Carolina)

Whether your child is impacted significantly or just has trouble remembering homework from time to time, here are some helpful tips:

- Research shows more is accomplished if homework is begun right after school and when the hardest assignment is done first. Having a set 'homework zone' with necessary materials out and ready alleviates the "I need to find a pencil!" problem.
- Before homework starts, give a short break and help prioritize assignments.
(What will be done first, second, third, etc.?) Check to see if there are any longterm assignments.
- Always utilize a daily, weekly and monthly calendar.
- For children who underestimate the amount of time it takes to complete an assignment, use a timer.
- For those who overestimate the time remaining to complete a task, set a designated start and end time. Reward completion with a privilege.
- Students of all ages need to have a binder system that works for them and their teachers, and "binder maintenance" should occur at least weekly. Label and file away old materials in a reserve accordion notebook that can be easily accessed in the future (i.e., for a final exam).



Remember that time spent organizing today will be time saved tomorrow! Helping your child gear up for the school year by setting up effective systems early, will help everyone in the long run.