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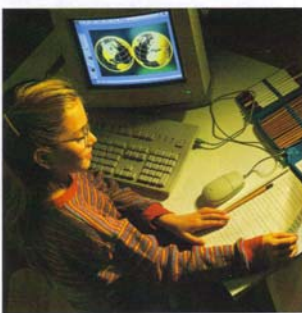


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School Notes



By Heather Ramsey

Homework and Study Habits

Sure Fire Ways to Get the Homework Done!

I am having trouble getting my son to settle down and finish his homework after school. What is the best way to approach homework time with my children?

Dear Parent,

With school in full swing, now is a good time to reevaluate your children's study skills and habits. Knowing the right way to approach homework will instill study habits that last a lifetime. Scheduling and environment are the keys to success. Make an appointment for your child to do his homework in an organized, quiet, well-lit environment. The appointment may be after dinner or right after arriving home from school. This is a choice to be made with your child, but try not to deviate once the decision is made. Routine helps.

Next, your children need to decide

what homework to tackle first. It is a good idea to choose the most challenging subject first, while their minds are still fresh. Start by reading the summary followed by the heading and subheadings, as these introduce the key ideas. Once reading starts, encourage your children to stop after every few paragraphs or so and restate, in their own words, the main idea and key points. This helps them retain what they've read. Also encourage your kids to study any graphics, maps, charts or pictures. Many children are visual learners and these can greatly enhance their learning.

Note taking, whether in class or at home, is also important. Taking notes while the teacher is introducing a new concept or topic is a critical learning opportunity. Listening to verbal cues (i.e. "the key point to

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remember is..." or "make sure you have a clear understanding of this ...") and following with careful note taking will help students when they sit down to do their homework that evening.

Textbook note taking allows for more time. Students should pay close attention to headings and subheadings and make a list of them down a piece of paper with ample space between each one for notes. As they read, have them rewrite the concept in their own words next to the heading title. Note cards for vocabulary and definitions are a great way to self-test. The act of writing the note cards helps with retention, while self-testing later helps with reinforcement.

The guidelines above will help many children with their study skills. Check with your child's teacher if you need more help. Making homework time a rewarding and positive experience is the best educational gift a parent can give their children.

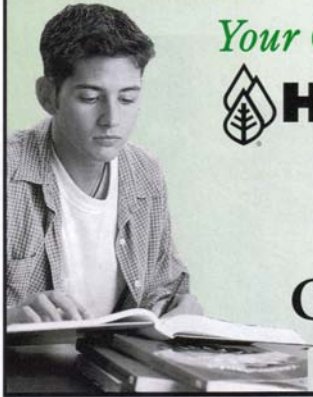
Albemarle County School Board meets the second and fourth Thursdays of each month at 6:30 pm. Rm 241, County Office Building, at 401 McIntire Road. Charlottesville City School Board meets on the 1st Thurs. of each month (Study Session) and the 3rd Thurs. (Business Session) at 7 pm. at the CHS Booker Reaves Media Center at 1562 Dairy Road.

Please send your "School Notes" questions to Editor@AlbemarleFamily.com or by mail 4282 Ivy Road Charlottesville, VA 22903.

Heather is a UVa graduate with years of varied instructional and classroom experience.



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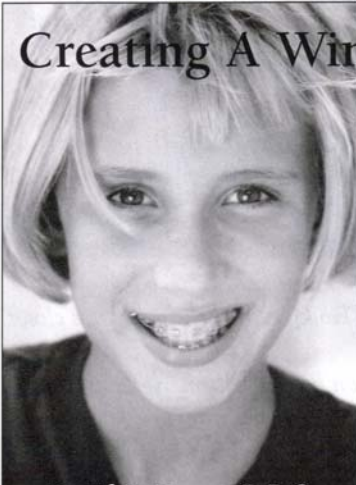
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