

LA SALLE PREP

Ideas to Help Freshmen Study with Success

ORGANIZATION

1. Check to ensure students are writing down their daily homework in the La Salle planner or a homework APP. Use the calendar feature on Schoology as a back-up.
2. Help provide a homework in an area that is relatively free of distractions—limit use of cell phones/social media while doing homework. Check in on them periodically and encourage them to take breaks.
3. Sit down with your freshmen to help break assignments up into two or more days to avoid doing everything at the last minute.
4. Encourage your student to submit assignments to Schoology immediately upon completion to avoid tech difficulties. Take screen shots/digital copies of assignments before submitting just in case.
5. Set up a family system and area to remember to charge the iPads/phones/tablets.

Sleep well, think well.
~Dr. John Medina



COMMUNICATION

1. Set up a weekly family meeting: to look at what the week looks like (family calendar that includes school work –regular homework and long term projects and activities.) Ask your child if he/she would like reminders for certain classes, i.e. remembering to bring P.E. clothing or paper forms.
2. Review Power School no more than once a week.
3. Encourage students to contact the teacher outside of class (or via Schoology/e-mail) regarding missing assignments/absences ASAP.
4. Remember you can contact your child's counselors if they feel overwhelmed or need help with a academics. Counselors can help arrange for NHS tutors and facilitate communication with teachers.

Stressed brains don't learn the same way.
~Dr. John Medina

