**How to Succeed in Middle School**

Homework Tips

* It is your responsibility. Do it for your own sake.
* Keep all material related to a particular subject in one section of your binder. Do not scatter your materials; they may be forgotten or misplaced later.
* If there is something you don’t understand, ask about it as soon as possible.
* Communicate your progress with your parents or guardians. They will support you by reviewing your work or helping you complete tasks.
* If you miss a day or an assignment, obtain the notes the next day so that there are no gaps in your knowledge. It is your responsibility to complete missed assignments and to catch up on missed work.
* The requirements for different subjects will often vary. Your teachers will let you know about the expectations in each course.

Test Preparation Tips

1. Memorizing does not replace understanding. Start reviewing your work about one week before a scheduled test.
2. Begin with a notebook review. Your notes should represent a summary of all work since the last test. Think about each point in the notes. Connect those points in a logical sequence.
3. If you don’t understand something, check with your textbook, your teacher, or your friends.
4. Last-minute “cramming” is usually too late.
5. Study sessions with friends can be helpful as long as they remain study sessions. Sitting around socializing is a waste of study time and effort.
6. Have a quick review the morning before the test to catch any missed details.

Time Management Tips

* Establish short- and long-term goals that are realistic and concrete.
* Write down specific steps on how to achieve your goals. Revise your goals every few months.
* Use a daily planner and keep it with you at all times.
* Plan your day the evening before and prepare the things you’ll need in the morning.
* Take time out to relax … and breathe!
* Use the “Swiss cheese” approach to time management; break up large or unpleasant tasks into smaller, more easily managed bits (“poking holes in large tasks”)
* Start to work according to your plan. Try to start the same time every day. Minimize the time you waste.
* Keep your work area tidy and organized.

**How Can I Help?**

Tips for Parents/Guardians

General Tips

* Provide a quiet place for homework to be completed.
* Ask to see your child’s planner, binders, notebooks, tests, and assignments.
* Set a certain time period aside each evening for homework to be completed.
* Limit distractions such as television, computer, video games, cell phones, and visitors.
* Demonstrate interest by being involved. Find various ways to ask what happened at school each day. Don’t take “Nothing” or “I don’t know” as answers.
* Keep and display a copy of your child’s timetable.
* Monitor any changes in behaviour patterns.
* Be aware of important dates (project deadlines, culminating tasks, exams, report cards, and performances).
* Ensure your child leaves home in time to reach school before morning and/or lunch entrance times.

How to help your child improve in any subject

* Keep a positive attitude. All students can learn. Emphasize the importance of developing strong study skills, and express your confidence that your child can improve through hard work.
* Help your child get organized for learning. Assist your child in setting realistic short- and long-term goals for improvement. Refer to your child’s planner to prioritize tasks and remind your child to take responsibility for his or her own learning.
* Make good use of school resources. Ask for help! Speak to the teacher to discover what extra help is available.
* Talk with your child about classroom lessons. Make time to communicate what he or she is currently studying. Insist upon the use of proper vocabulary and have your child summarize daily lessons to help consolidate what he or she has learned.

What to do if your child is having difficulty with an assignment

* Read the question or instructions aloud together.
* Ask how he or she would break down the problem into smaller parts.
* Remind your child to recall similar tasks completed in the past.
* Direct him or her to pick up a textbook or notebook to re-read explanations and examples.
* Explain that there is not only one correct way to solve a problem, especially if things aren’t working out. There’s most likely another way to approach things.
* Help your child attempt every question. Even if the procedure isn’t correct, he or she will learn from trying and showing his or her work along the way.