



Creating a productive study environment

What to do...	What not to do...
<p>Do ask your student lots of open-ended questions to facilitate communication and problem-solving:</p> <ul style="list-style-type: none"> • Would it help if I... • How would you like to... • When would you like to... 	<p>Don't tell your student what to do, how to do, or otherwise lay down the law:</p> <ul style="list-style-type: none"> • (Your dad and) I have decided that you will... • You need to... • Why don't you...
<p>Do help your student stock up on supplies and keep them organized in a central place.</p> <p>Make time to go to the school supply store with your student to help them make good choices.</p>	<p>Don't hand your student a bag of supplies that you have personally selected for him/her.</p> <p>For older students, don't send them to Office Depot with your credit card.</p>
<p>Do become a detective: Ask your student about time, space and organization.</p> <p>Help them define what works best for them.</p>	<p>Don't impose your learning style and preferences on your student.</p> <p>This is not about you.</p>
<p>Do create a communal study environment in your home.</p> <ul style="list-style-type: none"> • Create a study space in the kitchen or family room. • Work alongside or nearby them. • Put the computer in a centrally-located place in the house. 	<p>Don't allow your student to study alone in their room, with the door closed.</p> <p>There are SO many distractions in there! They can't self-regulate and they have no sense of the passing of time.</p>
<p>Do help your student identify and eliminate distractions:</p> <ul style="list-style-type: none"> • TV • Computer • Phone • Music • Toys 	<p>Don't impose your vision on them:</p> <ul style="list-style-type: none"> • Organized = finding what you need when you need it. Even if it doesn't look that way. • Music, doodling, and movement are all things that help some students to concentrate. • If it's not broken...
<p>Do know and play your role:</p> <ul style="list-style-type: none"> • Offer help • Set boundaries • Create routines • Negotiate 	<p>Don't overdo it!</p> <ul style="list-style-type: none"> • Don't facilitate bad habits • Don't rescue • Don't offer solutions • Don't do their work for them
<p>Do let them earn more responsibility by doing their job well:</p> <ul style="list-style-type: none"> • Attending school • Getting good grades • Managing their time effectively • Staying organized 	<p>Don't hand them everything they want on a silver platter. Let them earn it. It will mean more to them and it gives you some bargaining power.</p> <p>This is <u>not</u> bribery. There is a cause/effect relationship:</p> <ul style="list-style-type: none"> • Athletes need to maintain a min. GPA. • Insurance costs less for good students.
<p>Do establish shared goals and expectations:</p> <ul style="list-style-type: none"> • Minimum GPA • Extracurricular Activities <p>This should be a discussion that you revisit often.</p>	<p>Don't dictate how you want your student to behave; unless you are using reverse psychology (they will do the opposite).</p> <p>Don't insult or belittle your student.</p> <p>Don't project your issues onto your student.</p>