



As another school year begins, it is imperative to establish good habits for academic success. Check out these seven essential habits to support your student for a productive and successful school year:

1

SET GOALS: Depending on your child's grade level, discuss and create attainable goals for your child. For example, elementary kids could engage in reading a certain number of books to prepare for the upcoming school year. For older youth such as intermediate or secondary school, discuss and support goals associated with mastering specific subjects or maintaining a specific GPA.

2

ESTABLISH & MAINTAIN ROUTINES: Maintain a consistent bedtime and wake-up time that allows for at least 8 hours of sleep each night. Designate a place and time for homework and studying.

3

STAY ORGANIZED: Family calendars track assignments and/or extra-curricular activities. Encourage younger kids to keep a more organized backpack with daily clean out of old items and replacing needed supplies.

4

TIME MANAGEMENT: Teach time management skills such as breaking down tasks into smaller steps and using timers or schedules. Encourage older students to prioritize tasks, set deadlines, and allocate time for study breaks.

5

ENGAGEMENT: Encourage your child to be proactive in class and actively participate in class discussions and coursework. This will help your student understand concepts better and build positive relationships with teachers and classmates.

6

HEALTHY HABITS: Well-balanced meals and snacks, coupled with daily exercise and outdoor play, stimulate brain function and enhance cognitive skills such as attention, concentration, and memory. Students who eat well and are physically active are ready to do their best in school.

7

CELEBRATE STUDENT'S ACHIEVEMENTS: Recognize the academic accomplishments, improvements, and efforts of your student. Continue to encourage a growth mindset where challenges are viewed as opportunities for learning and growth.

For more information and support, connect with your local School Liaison Program.