

Report to PARENTS

Study Skills Toolkit for Middle-Schoolers

Using the right strategies at the right times helps students improve learning outcomes and positively impacts their experience and development. Strategic use of certain methods for reading, memorizing, studying, and test-taking can significantly benefit students—especially in the middle level.

Use this toolkit to personalize strategies to your child's needs, helping them grasp concepts quicker, retain information longer, and perform better on tests.

1. Designate a study space. Some kids study best at a desk, others curled up in a chair. Make the place they feel most comfortable and productive their designated study space.

2. Manage distractions. Middle-schoolers can recognize distractions but might still have trouble handling them. Encourage them to turn off phones and electronics and to ask friends or family not to interrupt them while they work.

3. Get organized. Use a planner notebook with a calendar to keep track of long-term assignments. Teach them to make notes in it in class or right after. Start every study session by reviewing assignments and their due dates.

4. Make a study plan. When kids sit down to study, encourage them to assess what needs to be done, estimate how long it will take, and decide what to work on first.

5. Take breaks. At the middle level, kids can work 30-45 minutes at a time and should learn to recognize the signs of needing a break



on their own. When they start to fidget, get a headache, squint while reading, or feel hungry or thirsty, it's time for a short break.

6. Personalize their study habits. Some children learn best by reading; others prefer to listen and talk about it. Some are visual learners; others are hands-on. Help your child experiment with these study styles, especially in areas where they might be struggling to learn material.

7. Take notes. Students in the middle level should be mastering the skill of taking their own notes. They might need reminders of key points to capture but they should be able to identify important information on their own.

8. Prepare for tests. Students should review the materials, get rest, and eat well before taking a test. Once they start the test, strategies include reviewing the entire test before answering questions, tackling the easiest ones first, and reviewing the test before handing it in.

9. Make it social. Some kids thrive working on their own, but others do well in groups. Set up study buddies or study groups, noting that their best friends might not be the best study partners for them.