

ATTENTION AND CONCENTRATION

1. Attention Style

We worked on learning about our personal attention styles and then how to use our strengths in a variety of ways. Ask your child what they think their primary attention style is.

2. Remembering Strategies

- a. **Sticky Notes** are great tools for brief reminders and for staying organized. They are placed in an area that makes sense for the reminders (ex. on the side of the bedroom door, at eye level, to remember baseball glove.)
- b. **Write it down.** Then, have a system to remember to look at what you wrote! Systems can incorporate timers, dry-erase boards, and, if you practice, an actual habit that automatically reminds you to follow the steps you have identified.
- c. **Repeat, Re-state, and Summarize** what was said. Saying something in your own words is a powerful way to remember information.
- d. **Reminder Tools** such as wristlets are great ways to remember (a new version of “tie a string around your finger”).
- e. **Designated Space** for placing items so that you always know where something goes and is going to be. (Ex. a hook by the garage door for backpacks).

STUDY SKILLS

A skilled student knows the difference between studying and just reviewing. Studying is what we do to learn new material. Reviewing is how we make sure we remember previously learned information. Studying involves reading for comprehension and/or listening carefully, taking notes in such a way that they can be broken down, then actually breaking down those notes into individual pieces of information, then focusing on new information until it is learned.

Reviewing, or simply going over what you have learned, is the last step before a test. The study skills we worked on the most were Note-Taking and Reading Comprehension. As you will see, each of these involves several steps, which include gaining an overview, then breaking down information, then studying. We also had a cursory look at ways to improve spelling and math.

1. Note-Taking

a. The Outline Method

We worked hard on how to take notes in a way that synthesizes the information and makes it ready to use for breaking down (we use flashcards for this) and true studying. If your child’s school has a specific style of note-taking they want the students to use, then, of course, use it. Otherwise, the Outline Method is a solid way to take notes. Your child has handouts and worksheets on this method in their binder.

- b. **Flashcards** are a great way to break down information into individual facts. Just one or two words on the front of the card and no more than a sentence on the back. This is a