

Helping Kids Study

A Reflection Tool for Parents

Part of our role as parents is to help our children think about their actions. Not just when they misbehave, but when they are doing chores, playing with friends, or studying. Use these questions after a child has studied or taken a test to help them think about whether their strategies worked.

- How did I know when I had studied enough?
- How did I check my studying?
- How did I keep myself motivated?
- How much time did I plan to study today?
- How much time did I really spend studying today?
- Do I feel prepared for class? The test?
- What grade do I expect to get?
- Did I follow my plan? How did I change my plan? What changes do I need to make in the future?

