



Efficient Study Techniques

Marian High School is a college preparatory school in which the teachers and staff are committed to creating a supportive academic learning environment. Efficient study skills will come with time and practice. Below are ways that parents can help their daughters study more efficiently at home.

Time

- Provide a consistent study time. Even if she says she has no homework, make her review notes and/or vocabulary, review math problems, do research for future projects, read ahead, etc.
- Encourage your daughter to take breaks every thirty minutes or so. However, make sure she returns after ten or fifteen minutes to resume studying.
- In order for your daughter to be successful in a college preparatory school, we recommend that she studies for three hours a day.
- Encourage your daughter to start studying a week before the test by breaking her studying down by focusing on a lesson, topic, or vocabulary terms within that test each night.

Environment

- Provide a quiet, well-lit study environment with a desk or table and a comfortable chair. Have her “check-in” her distractions during study time - cell phones, ipods, etc. when the items are not being used as educational tools.
- Have all items that are necessary for studying at the desk or table. This helps her not to lose focus and use time more wisely. (examples: sticky notes, paper, flashcards, ipad, pencils, textbooks, calculator)

Organization

- **Agenda:** Check her assignment notebook and help her prioritize assignments. She should do her hardest subjects first while she is fresh. Discuss how much time she plans to spend on each task.
- **Bookbag:** Don't be afraid to look at your daughter's notebooks and folders. She shouldn't be hiding anything in there. Make sure that they are organized.
- **Technology Devices:** Guide your daughter to be organized with her emails, google documents, typed notes, etc. Have her create folders for items she wants to save and to delete items that are not needed.

Working with others

- **Parent:** Be available to quiz your daughter for test preparation. If your daughter reads slowly, you may want to read together. If she does not understand the material, this is a good opportunity to do some explaining which will enhance comprehension. Converse in the foreign language she is studying. Discuss how her new vocabulary terms relate to her or your own life. Remind your daughter that you are in this together.
- **Teachers:** Remind your daughter that her teachers want to work with her to succeed. All the teachers and the Learning Services Coordinator are more than willing to help.
- **Peers:** Guide your daughter to find a study partner whether that is meeting in person or sharing google documents.