

Strategies for ACADEMIC SUCCESS

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Strategies for Academic Success

Online learning is fun and challenging for most students, however, you can make small changes to the material or study environment that can make a big difference towards achieving academic success. The below grid offers strategies anyone can implement to become a successful learner.

Prepare to study


You may want to consider...	...try this!
Helping your student keep things in perspective by keeping the online course load from appearing overwhelming.	<ul style="list-style-type: none"> ➤ Create a weekly, quarterly pacing guide ➤ During the day, week, or quarter, schedule fun educational activities. ➤ Be flexible
Be proactive, take charge of your student's education, she or he may want to give up on the established daily, weekly, monthly goal ...	<ul style="list-style-type: none"> ➤ Clarify the student's goals before each lesson and the projected time it will take to accomplish each task. Guide them while they make those decisions. ➤ Listen to the student's objections and allow for some flexibility but stay focused on the overall goal. Time is your enemy, it moves swiftly. ➤ Offer new solutions to achieving the task. <ul style="list-style-type: none"> ○ Example: Instead of writing the first draft of the essay, record it. Then have the student type the recorded essay, continuously rereading and editing
Help your student understand how she or he learns.	<ul style="list-style-type: none"> ➤ Administer a learning style assessment which will determine a learning style, e.g. visual, auditory, or kinesthetic learner. ➤ Understanding hers or his learning style will promote self-confidence and successful behaviors
Help your student handle stress.	<ul style="list-style-type: none"> ➤ Practice deep breathing exercises ➤ Take a short break to exercise, walk or ride a bike ➤ Participate in stress reducing activities like keeping a daily journal, listening to music, playing games or talking out problems and finding solutions

<p>Practice healthy lifestyle habits</p>	<ul style="list-style-type: none"> ➤ Maintain a daily personal schedule, be consistent in daily routines ➤ Exercising regularly is good for the body, mind and spirit; it will help the student stay alert and reduces frustration throughout the day ➤ Eating a rich and healthy diet consists of grains, fruits, vegetables, and protein eaten no more than four hours between meals will boost mental focus and keep energy levels stable
<p>Parents/Guardians take care of yourself</p>	<ul style="list-style-type: none"> ➤ Model behaviors that you want your student to achieve ➤ Eat well and exercise ➤ Manage your stress, practice some of the
	<p>stress relief techniques with your student</p> <ul style="list-style-type: none"> ➤ Join a home school support group, this will help you, your student, and others by discussing and sharing ideas, and educational responsibilities of parent/guardian.
<h2 style="text-align: center;">How Your Brain Works</h2> <ol style="list-style-type: none"> 1. Attention - Pay attention and focus. 2. Visualization - Picture things and manipulate the pictures. 3. Memory - Able to hold two or more ideas, numbers and pictures in mind. 4. Logical thinking - Able to logically deduce the problems. 5. Processing Speed - Able to process quickly and accurately information that is given. 	

Focus!

If the student has difficulty....	...try this!
<ul style="list-style-type: none"> ● getting focused 	<ul style="list-style-type: none"> ➤ Create a special space in your home that is void of all distractions. The space should not be associated with sleep, television, or fun. This is a special area or room in the house where the student will go to study. ➤ Provide the tools necessary to accomplish the academic task. <p>(supplies like computer, lined paper for writing and computer paper for printing, markers and a large white board would be beneficial to the learner)</p>
<ul style="list-style-type: none"> ● reading the computer screen because it hurts his or her eye 	<ul style="list-style-type: none"> ➤ Blink more often to exercise your eyes. ➤ Take frequent breaks. ➤ Modify your workstation. ➤ Consider computer eyewear ➤ Get a comprehensive eye exam. ➤ Use proper lighting to minimize glare ➤ Upgrade your display ➤ adjust your computer display settings. <p>The following suggested CVS [Computer Vision Syndrome] relief tips are from the AllAboutVision.com website. Click on the hyperlink to read the details of how to achieve CVS relief.</p> <p>http://www.allaboutvision.com/cvs/irritated.htm.</p>

Organizational strategies

If the student has difficulty...	...try this!																																																																	
<ul style="list-style-type: none"> organizing tasks 	<ul style="list-style-type: none"> ➤ Create a schedule ➤ Use a calendar to outline the tasks that must be completed ➤ Write a daily "to do" list 																																																																	
<p>Student daily 'to do' list example:</p>	<div style="text-align: center;"> <h3>today...</h3> <p>Date _____ My aim: _____</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 40%; padding: 5px;">to do list</td> <td style="width: 15%; padding: 5px;">time</td> <td style="width: 45%; padding: 5px;">plans</td> </tr> <tr><td style="height: 50px;"></td><td></td><td></td></tr> <tr><td style="height: 50px;"></td><td></td><td></td></tr> <tr><td style="height: 50px;"></td><td></td><td></td></tr> <tr><td style="height: 50px;"></td><td></td><td></td></tr> <tr><td style="height: 50px;"></td><td></td><td></td></tr> <tr><td style="height: 50px;"></td><td></td><td></td></tr> <tr><td style="height: 50px;"></td><td></td><td></td></tr> <tr><td style="height: 50px;"></td><td></td><td></td></tr> <tr><td style="height: 50px;"></td><td></td><td></td></tr> <tr><td style="height: 50px;"></td><td></td><td></td></tr> <tr><td style="height: 50px;"></td><td></td><td></td></tr> <tr><td style="height: 50px;"></td><td></td><td></td></tr> <tr><td style="height: 50px;"></td><td></td><td></td></tr> <tr><td style="height: 50px;"></td><td></td><td></td></tr> <tr><td style="height: 50px;"></td><td></td><td></td></tr> </table> <p>Notes</p> <p>Water? </p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; padding: 5px;">Breakfast</td> <td style="width: 33%; padding: 5px;">Lunch</td> <td style="width: 34%; padding: 5px;">Dinner</td> </tr> <tr> <td style="height: 20px;"></td> <td style="height: 20px;"></td> <td style="height: 20px;"></td> </tr> </table> <p style="font-size: small; text-align: center;">www.theogburnschoolstudent.com</p> </div>	to do list	time	plans																																														Breakfast	Lunch	Dinner														
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Management strategies

If the student has difficulty....	...try this!
<p>➤ Remaining on task</p>	<p>➤ Parents/guardians be present</p> <ol style="list-style-type: none"> a). Close proximity: check on your child's progress. Generally, all students are more inclined to complete a task when accountability is required. b) Model study positive behaviors - prove your interest in their success. study the student's materials with them through reading and discussion c) Read for enjoyment <p>➤ Become an accountability <u>partner</u> [see below model] Both parent and student set a daily goal that each must achieve, for example:</p> <p style="padding-left: 40px;">Student goal: History - read Chapter 5 and Math – complete Chapter 7 assignment.</p> <p style="padding-left: 40px;">Parent goal: Reconcile checking account and complete three loads of laundry. Reward can be individual or shared like, Free time when finished or virtual field trip</p> <p>➤ Create a time schedule, provide age appropriate rewards [cell phone use, TV, short break]</p> <p>➤ Create short manageable chunks of time [7:00 – 7:15 – 7:30 etc.]</p> <p>➤ Schedule time for non-computer fun activities: For example:</p> <ul style="list-style-type: none"> ○ puzzles ○ art related activities ○ sports ○ educational games ○ flash card games -matching, etc.

Accountability Chart

Create your own accountability chart. It can be as simple as the one below. A chart created by a student can be more effective than a pre-made chart. Own it!

ACCOUNTABILITY CHART

9-10:30 am

11-12:30 pm

- Primary research
- Began introduction
- Finished intro
- Primary methods of experiment

Reading Strategies

If your student has difficultytry this!
<ul style="list-style-type: none"> finding the important parts of a story, paragraph, or article when reading. 	<ul style="list-style-type: none"> ➤ create a reading guide they can follow ➤ use graphic organizers - see below ➤ follow the 5-W's + H [Who? What? When? Where? Why? + How?] ➤ record the student reading, they then listen to their recorded reading to identify the important parts of the story. The bonus to practicing this technique is the student will improve their reading fluency and listening skills. [free recording software: http://audacity.sourceforge.net/download/]
<ul style="list-style-type: none"> have no idea what the author is talking about. 	<ul style="list-style-type: none"> ➤ when possible, build the student's prior knowledge by watching videos on the topic being studied ➤ depending on difficulty, reread the content 3 or 4 times, each time read it with a different purpose. see the below examples: <ol style="list-style-type: none"> understanding vocabulary - create a vocabulary study guide identify the nouns and verbs identify the 5W's of each paragraph, section, subtopic or story. highlight the main idea in one color and supporting details in another. identify all the facts and/or opinions identify cause and effect identify words related to various patterns of organization / text structure chronological, cause and effect, spacial, etc. ➤ build vocabulary by learning the meaning of prefixes, roots, suffixes http://www.prefixsuffix.com/

<p>← cannot visualize the story being read.</p>	<ul style="list-style-type: none"> ➤ as the student is reading content, periodically stop them ask them to describe in detail what they imagine, ask them to tell you about the colors they envision, or what they believe a person may look like, etc. The more detail the better. ➤ break the story into small units, find the character, setting, problem, and resolution of each chapter.
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Reading Graphic Organizers

2 very effective graphic organizers for reading...

THE 5 W'S CHART

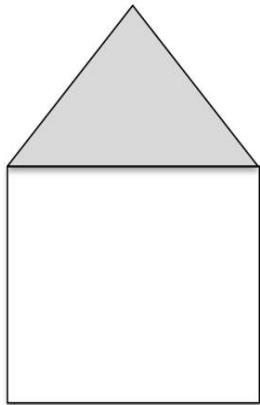
Name: _____ Date: _____

<p>Who was involved?</p>	
<p>What happened?</p>	
<p>When did it happen?</p>	
<p>Where did it happen?</p>	
<p>Why did it happen?</p>	

an oldie but goodie!

NAME: _____ **FICTION**

Characters



Setting



PROBLEM: _____

SOLUTION: _____

NON-FICTION

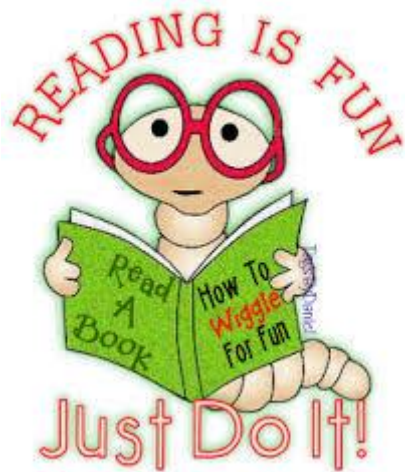
Topic

Fact 1


Fact 2

Ten tips to improve your reading skills:

1. Never read a book without a pen in your hand.
2. Read a whole paragraph before highlighting or underlining.
3. Read out loud.
4. Read silently (and mark/check/tick key paragraphs).
5. Explain what you read.
6. Learn to x-ray a book (realize you don't have to read every single chapter)
7. Pay attention to summary words.
8. Mark key words and phrases in a sentence or paragraph.
9. Mark and look up unfamiliar/new words.
10. Read books about how to improve reading comprehension




Writing strategies

If your student has difficulty....	... try this!
<p>Getting started or organizing hers or his thoughts</p>	<p>This is an example of a Word Web for cheetahs. The word web can be used with any topic!</p>  <p>The word web for cheetahs has 'CHEETAHS' in a central oval. Lines radiate from this oval to the following terms: 'fast', 'not pets', 'spots', 'live in jungle?', 'cat family', 'orange fur', 'don't live in U.S.', 'sharp claws', 'in cartoons', 'long tail', 'sharp teeth', 'carnivores', and 'climb trees??'. The title 'Word Web for cheetahs' is written in red above the diagram.</p>

*Getting started is the hardest part of writing.
Just do it. Write something down. Keep writing.
Revise it. Write it. Revise it. You will get there!*

Vocabulary strategies

If your student has difficulty...	... try this!
<ul style="list-style-type: none"> with reading comprehension 	<ul style="list-style-type: none"> ➤ Strategy to improve reading comprehension and find the main idea <p>REDW</p> <ul style="list-style-type: none"> • Read • Examine • Decide • Write <p><u>Click on me for details</u></p>
<ul style="list-style-type: none"> understanding context clues 	<ul style="list-style-type: none"> ➤ Know the clues by understanding there are various types of context clues, for example: description/pictures/visual, synonyms, antonyms, definition. ➤ Follow these strategies to understand the word in context. <ol style="list-style-type: none"> underline the word find meaning of words or phrases around the word in question will help you understand its meaning
<ul style="list-style-type: none"> expressing their idea 	<ul style="list-style-type: none"> ➤ Create a personal vocabulary book. Use interesting pictures from magazines to help you remember word meanings ➤ Glue pictures on paper ➤ Write the first adjective that comes to mind when viewing the picture. This is considered the base word. ➤ Use a thesaurus to find synonyms that are appropriately associated with the base word. ➤ Write sentences or phrases using the new words <p>It's important to consistently continue building the personal vocabulary book [PVB] and using it as a reference when writing. This vocabulary building strategy can be used at any age.</p>

<ul style="list-style-type: none"> • learn difficult vocabulary [concepts] 	<ul style="list-style-type: none"> ➤ 5 tips from the web site http://oupeltglobalblog.com/2011/08/16/5-tips-for-helping-students-to-really-learn-vocabulary/ <ul style="list-style-type: none"> ○ Repeat little and often ○ learn vocabulary in chunks
	<ul style="list-style-type: none"> ○ range of context ○ use a dictionary ○ extensive reading
<ul style="list-style-type: none"> • pronunciation 	<ul style="list-style-type: none"> ➤ The following sites provide the vocabulary learner an audible method of learning how to pronounce challenging words. <ul style="list-style-type: none"> ○ http://www.howisay.com/ ○ http://www.thefreedictionary.com/
<p>Help with Context Clues</p>	 <p><i>Look for:</i></p> <ul style="list-style-type: none"> ➤ Pictures ➤ Helping Words (or, like, are, called) ➤ Words you know ➤ Examples and definitions ➤ Punctuation ➤ Synonyms & Antonyms

Math strategies

If your student has difficulty.....	try this....
<p>Understanding math concepts and solving math problems</p>	<ul style="list-style-type: none"> ➤ use concrete materials and objects that the student can manipulate to ease their understanding ➤ use calculator or chart for basic math facts or equations [Google search: multiplication chart] ➤ use graphic organizers - excellent free resource for middle/high school math students: http://www.dgelman.com/graphicorganizers/#CIRCLES ➤ Research <i>You Tube</i> videos as another source to learn math concepts ➤ encourage the student to talk out solving math problems by teaching the parent or guardian; provide encouragement for every step in the process. ➤ have the student create math problems using the concepts they are learning by cutting out pictures from magazines and writing unique math stories and solving the problem by stating how it's solved.. ➤ use a large white board for the student to get physically active in learning process. This also helps by allowing them, literally, to see the big picture. ➤ make it real by using [\$\$] real dollars and cents to solve all math money problems ➤ color-code or highlight key words in math word problem ➤ create posters and/or draw pictures - this helps the student visualize each step of the calculation

<p>keeping numbers aligned when solving math problems</p>	<ul style="list-style-type: none"> > use lined paper vertically positioned. This also helps to build fine motor coordination. > position lined paper vertically, write one number between each line, then solve math equation.
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Sample Math Graphic Organizer:

<p>What do I know from the information in the problem?</p>	<p>What special operation will I use? (add, subtract, multiply, or divide)</p>
<p>Draw it out (doodle, sketch)</p>	<p>Check it.</p>

What do I need to find?

Hint: There are only four (4) operations in math. The trick is to know which one to use!

What type of learner are you?

<p>If you are a kinesthetic learner...</p>	<p>...you may want to try this!</p> <ul style="list-style-type: none"> ➤ Practice hands on activities ➤ Conduct experiments ➤ Participate in educational events and/or field trips. ➤ Act out a scene from a story or role-play ➤ Build models ➤ Small study groups ➤ Break frequently ➤ Use memory games and flash cards. ➤ Study with music on in the background.
<p>If you are an auditory learner....</p>	<p>...you may want to try this!</p> <ul style="list-style-type: none"> ➤ Have someone read to the student or study out loud ➤ Use verbal repetition to memorize. ➤ Study with other students. Talk things through. ➤ Use audio books or recordings as study tools. ➤ Use a tape recorder to record and listen to your reading voice and teacher's lectures several times over.
<p>If you are a visual learner...</p>	<p>...you may want to try this!</p> <ul style="list-style-type: none"> ➤ Use visual aids [books, videos, computers, and flashcards] ➤ Create detailed notes [including pictures, models, diagrams, outlines, lists, color coding or highlighting notes]



Website Resources

Site Name	Site Description	Web Site Link
Typing Web	learn and practice keyboarding skills	www.TypingWeb.com
GCF Learn Free	several free tutorials that provide instruction in a variety of topics. Here are a few examples: <ul style="list-style-type: none"> ● Microsoft Office Products ● Internet ● Career Planning ● Reading, math, etc. ● Budget 	www.GCFlearnfree.org
Pete's Power Point Station	<ul style="list-style-type: none"> ● provides power point presentations on various topics, ● typically used to teach elementary and middle grade students 	http://www.pppst.com/index.html



Virtual Field Trips!

1. Google Art Projects <http://www.googleartproject.com/>
2. Google Sky <http://www.google.com/sky/>
3. Smithsonian <http://naturalhistory.si.edu/VT3/>
4. Panoramas that span the globe <http://www.panoramas.dk/7-wonders/colosseum.html>
5. The Oxford University Museum of Natural History
<http://www.chem.ox.ac.uk/oxfordtour/universitymuseum/#>
6. Inside the White House <http://www.whitehouse.gov/about/interactive-tour>

You can learn more about virtual field trips with these links to field trips:

- [John Muir Exhibit](#) This exhibit by the Sierra Club offers the concise story of Muir's life, writings, and works. It includes sounds, video, and text.
- [Explore the Estuary](#) If your students are studying the tides, ocean, or water dwellers, this is an excellent site. It includes video tours.
- [Virtual Field Trips](#) Here's another site where you can create your own field trip or try out other teachers' efforts.
- <http://nineplanets.org/> Virtual tour of the galaxy!

