



Study Skills for Teens: Top Tips for Parents

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1. Intro: what are study skills?

Study skills are life skills too. They include:

- Planning and prioritising
- Overcoming procrastination and perfectionism
- Creating and organising resources
- Memorising different types of data
- Applying knowledge to questions in different formats
- Communicating effectively
- Managing stress

2. Helping your teen to get organised

Talk about developing skills and habits. Disorganisation isn't a personality trait!

- Approach decluttering as a series of micro-goals rather than a major project
- Separate current resources from books etc that can be stored/archived
- Store current materials vertically eg. standing magazine files
- School bag – to be emptied and organised weekly
- Handouts – try keeping an A4 transparent envelope file in your bag

3. Time management for teens

- Display analogue clocks around the house
- Use visual aids such as calendars or whiteboards
- When creating schedules, offer help but don't take over. Collaboration is key so that your child learns how to plan and monitor progress.

4. Preparing to revise

Don't waste money on lots of study guides, workbooks, ready-made flashcards or marker pens. Do talk about what, how, where, when and why to revise

5. How to revise

Strategies vary according to subject but broadly speaking, key tasks include:

- Compiling checklists of topics
- Clarifying understanding
- Making your own resources and summaries
- Analysing questions and understanding the mark scheme
- Using quizzes and practice papers

6. Where to revise

Accept that your teen may not study best at a desk in a quiet room. Invite them to explore different types of physical environment such as:

- Alone or in company
- Quiet space or background buzz
- Desk, floor or even bed

7. When to revise

It's never too soon to start.

- Pace yourself rather than cram
- Set weekly goals
- Schedule breaks (at least one full day off per week)

8. Motivation matters. Why revise?

To develop intrinsic motivation, encourage teens to approach exams as:

- A personal challenge
- A way to enhance options for the future
- An opportunity to develop vital skills

9. Managing distractions

Encourage your teen to take responsibility for putting their phone out of sight. And lead by example by limiting the use of your phone too.

10. Summer strategies

The top priority for your teen this summer is to relax and unwind. To build motivation and confidence, encourage them to:

- Explore new hobbies and interests
- Read and discuss (almost) anything
- Ask open-ended questions and invite them to explain stuff to you
- For maths and foreign languages, suggest a little light practice
- Check out podcasts or YouTube videos related to other subjects
- Play memory games or board games such as chess or Scrabble
- And check that they can tell the time!

NEXT STEPS

Juliet Landau-Pope offers study skills coaching for individual students or in small group workshops. For more details or to arrange a free consultation, contact her via:

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USEFUL RESOURCES

Books by Juliet Landau-Pope

- *What's Your Excuse for not Being More Productive? (2017)*
- *What's Your Excuse for not Clearing Your Clutter? (2018)*

Available from Amazon and Waterstones, or support independent bookshops by ordering from www.bookshop.org

Declutter Your To-Do List: 5 expert tips to save time

Free guide via: <https://www.subscribepage.com/declutter-your-to-do-list>

On managing distractions:

Indistractable: How to Control Your Attention and Choose Your Life by Nir Eyal

Blogs, articles and videos by Nir Eyal via <https://www.nirandfar.com/>