

Establishing Effective Study Habits and School Routines

Helping kids develop good study habits and routines is important for their success in school. Families play an important role by creating a structured learning environment, keeping a routine, and helping kids build skills they will use for life. Working together, families and teachers can help students achieve their best!

Good study habits help students:	Families play an important role by:
Remember and understand lessons	Creating structure and consistency
Manage time wisely	Keeping kids motivated
Feel less stressed	Checking on progress
Succeed in school long-term	Talking with teachers
Learn on their own	Balancing work and play

Building Good Study Habits

1. Set a Study Routine

- Pick a regular study time each day
- Review lessons daily instead of waiting until the last minute
- Establish set times for homework and reading

2. Create a Study Space

- Find a quiet, well-lit place for studying
- Use a chair and desk for comfort
- Keep school supplies organized

3. Make Learning Active

- Have kids explain lessons in their own words
- Use drawings, charts, and maps to organize information
- Try self-quizzing and discussing lessons

4. Teach Time Management

- Help kids list tasks by importance
- Use calendars or apps to track homework and tests
- Try the Pomodoro Method: 25 minutes of studying followed by a short break

5. Improve Notetaking

- Use the Cornell Note System (divide notes into main points, key ideas, and a summary)
- Use colors and highlights for important facts
- Repeat information to remember it better

6. Prepare for Tests

- Make a study plan before tests
- Practice with sample questions
- Teach relaxation techniques to reduce test stress

Building a Strong School Routine

1. Start the Morning Right

- Wake up at the same time each day
- Eat a healthy breakfast for energy
- Pack school materials the night before

2. Make After-School Time Productive

- Set clear rules for homework and playtime
- Balance schoolwork with fun activities
- Talk about school experiences daily

3. Get Enough Sleep

- Keep a regular bedtime
- Limit screen time before bed
- Make sure kids get enough rest

How Families Can Help Kids Succeed

1. Encourage a Growth Mindset

- Praise effort, not just grades
- Teach kids that practice makes them better
- Help kids see challenges as learning opportunities

2. Keep Track of School Progress

- Check assignments and test dates
- Talk about study methods and adjust when needed
- Let kids take responsibility for their learning

3. Balance School and Well-Being

- Make time for both school and fun activities
- Encourage exercise and hobbies
- Allow kids to rest and relax

Additional Resources:

- [BFAC | Featured Family Resources](#)
- [Family & Community Engagement](#)
- [Tennessee Electronic Library: Free Learning Tools](#)