

Teachers' Learning Secrets to Use at Home



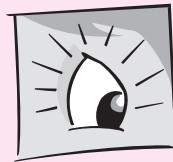
As a parent of a teenager, whether you believe it or not, you are *still* your teen's most influential teacher. But, like any teacher, you probably wish someone would help you develop a few "lesson plans." How can you encourage your teen to study? What can you do at home to improve your teen's skills in reading ... or writing ... or math? Here are some teachers' learning secrets you can use at home.

QuickTips®

Teens Learn in Different Ways

When it comes to helping teens learn, there's no such thing as "one size fits all." Teens are all different—and they learn in different ways.

Visual Learners

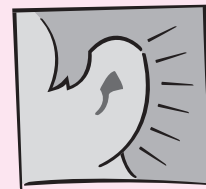


Visual learners learn best when they can see what they're learning. If your teen is a visual learner, encourage him to:

- Put up maps, charts and pictures.
- Make a time line of important dates.
- Create flash cards to study vocabulary words for English or a foreign language.
- Draw a picture or diagram of what he's trying to learn.

Auditory Learners

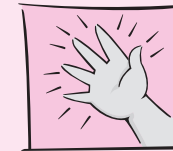
Auditory learners learn mainly through listening. If your teen is an auditory learner, encourage her to:



- Make up poems, rhymes, raps or other memory cues.
- Read important lessons aloud.
- Check out audio books from your public library.

One parent helps her teen record study notes of anything she needs to memorize—chemistry facts or vocabulary words.

Kinesthetic Learners



Kinesthetic learners learn by doing. When they have to sit still, their brains seem to go to sleep. If your teen is a kinesthetic learner, encourage him to:

- Move around while studying.
- Try reading while standing up.
- Act out a lesson from history.

In fact, most teens use a combination of all these methods of learning. So no matter how your high schooler learns, encourage her to try various methods of studying. The right way is the way that your teen learns best.



Ask Thought-Provoking Questions

Encourage your teen's thinking by asking lots of questions. But don't make it unpleasant. It should be fun, thought-provoking and stimulating. Be sure to avoid questions that can be answered with a simple *yes* or *no*.

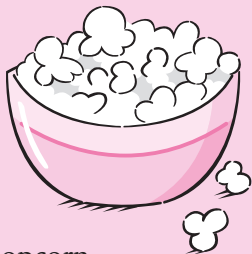
Ask questions such as: "What was the most interesting thing you did in school today?" "What was the best question you asked today?" "What do you think will be on the next biology test?" "If you were the teacher, how would you teach algebra?" You'll know your teen is thinking when she starts asking you good questions, too.



Establish Routines

Repetition helps teens learn organization. It gives them a foundation to help manage the rest of their lives. Help your teen to:

- Set a regular time and place to study.
- Be responsible for some household chores.
- Establish a regular "lights-out" time.
- Reserve some special time to spend with your family. You can have a regular family popcorn or pizza night. Or spend one weekend afternoon each month doing something outdoors together.



Tips for Tutoring Your Teen

Tutoring your own teen can be difficult. Teens can be overly sensitive and stubborn. Parents can get impatient. Here are some secrets of success from teachers that will make helping your teen easier for both of you:

- **Open the lines of communication.** Point out that you know your teen is doing fine in simple equations, for example, but that the teacher says he needs extra help in graphing. Say you want to help and ask if that's okay.
- **Sit next to your teen**, rather than across from him.
- **Give directions slowly.** Your teen's difficulty may be with following directions.
- **Work through one step** and one problem at a time.
- **Look at each other when you talk.** It's easier to see confusion than it is to hear it.
- **Don't ignore problems.** You want your teen to develop the habit of confronting challenges.
- **Don't get discouraged** when your teen does.
- **Minimize the use of negative phrases**, such as "That's wrong." Just restate the question and give your teen more clues to help him get the answer.
- **Switch places.** Ask your teen to be the teacher and explain the subject to you. As he teaches you, he'll be learning himself.



Meet Your 'Partners'

Parents and teachers are partners in helping teens learn. If you haven't met your teen's teachers, set up an appointment soon. Ask for other suggestions of things you can do at home to help your teen. You can make more of a difference than you may think!

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P.O. Box 7474, Fairfax Station, VA 22039-7474
(800) 756-5525 • www.parent-institute.com
Stock No. 1141 (English) • Stock No. 2141 (Spanish)
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