

Beneficial At- Home Support Strategies

Set Up a Designated Study Space for Homework	<ul style="list-style-type: none"> ● should be a quiet space (phone and smart watch-free) ● have all materials handy ● avoid clutter in this space ● public home spaces/open doors provide accountability
Stick to Designated Study/Homework Times	<ul style="list-style-type: none"> ● create a homework/study schedule that works for you ● stick to the schedule each day ● use the Pomodoro study method (work 25min/5min break, repeat)
Use a Homework Planner	<ul style="list-style-type: none"> ● homework planners are provided by request to students at CHS ● fill out planner every Monday using FACTS ● Highlight tests, quizzes, essays, projects ● Check off assignments as they are completed
Organize Binder & Backpack Once a Week	<ul style="list-style-type: none"> ● organize subjects by single folders or one binder with multiple dividers ● designate the weekend as your organizing time ● be faithful to file all paperwork into folder or dividers every weekend
Check Google Classroom To Do List Every Friday	<ul style="list-style-type: none"> ● on Chromebook, open Google Classroom home screen ● click "To Do" in left column ● Click on "Missing" to see any missing work on GC ● Click on the bullets below to see older missing work
Get Enough Sleep At Night	<ul style="list-style-type: none"> ● teens' still-developing bodies/brains need 8-10 hrs of sleep per night ● REM sleep is essential to cognitive functions, including memory ● sleep "debt" can lead to decreased mental cognition, undesirable emotions, and a lowered immune system
Parent Checks Weekly FACTS Email on Sunday	<ul style="list-style-type: none"> ● check parent emails on Sunday for weekly reports ● grades are also accessible to parents any time on FACTS ● CUSSD app also available to parents
Parent Provides Incentives for Good Grades	<ul style="list-style-type: none"> ● increased personal responsibility (more technology time, driving privileges, later curfew, etc) ● gifts ● special experiences/trips ● money (based on test grades, quiz grades, semester grades, etc)
Parent Provides Consequences for Missing Work	<ul style="list-style-type: none"> ● loss of electronics privileges (phone, TV, video games) ● loss of extracurricular activities ● loss of weekend activities until missing work is completed ● attending CHS Saturday Tutoring (any time between 8-12)
Other	<ul style="list-style-type: none"> ● -----

