

# Getting Started

- ❖ Determine when tests will happen.  
Use school websites, email, planners, etc. to help you and your adolescent pinpoint an effective way to get tests on the calendar.
- ❖ Set a goal.  
Work with your student to determine how many days of studying he needs, and make a session-minute goal (one minute per grade level) and a target for him to study twice daily. An eighth-grade student will set the timer for eight minutes each session, a tenth-grade student for ten minutes, and so on.
- ❖ Determine the study material.  
Notes, study guides, worksheets, or quizzes from the chapter or unit are all good choices. Textbooks are easily accessible, but study material from them may be difficult to identify.
- ❖ Ask and answer.  
Have your adolescent ask and answer her own questions, or for those of you with social students, you can join in and ask the questions. If she gets through the material before the time is up, start over!
- ❖ Do it again.  
Set aside the same time increment before bed, and repeat the entire exercise.