

Tips to Promote Academic Skills at Home High School Students

Plan academics during your teen's day:

- Maintain typical sleep schedules and screen time limitations. Ensure that their home “school day” is completed in a communal area of the home (e.g. dining room). Avoid allowing your child to do school work in their room.
- During the home “school day” it may be beneficial to take away screens and/or restrict internet access. If your child sees a sibling or parent using a screen, chances are they will want to use one as well.
- Encourage the use of a checklist or planner for your child to make a schedule of their daily academic areas (e.g. Algebra, Biology, Language Arts, etc.) The schedule should be realistic and include all important tasks throughout the day (even chores and other activities).
- Set reminders such as alarms, sticky notes, or even other people (parents) for transitions within the day. These signals let us know that an action needs to be completed at a specific time.
- It is important to also include “special” activities such as art, tech-time, and free time (breaks).
- Keep mealtimes the same as their school-based setting (if appropriate).
- If your child needs increased monitoring during the home “school day”, consider using an approach called the **Window of Opportunity**:
 - a. Tell your child they have a certain amount of time to complete a specific academic activity (ensure the time given is **more** time than it actually takes to complete the desired activity).
 - b. Ensure the activity is completed in a communal area of the home (e.g. dining room table) and that your child is organized with all needed materials

- c. If they complete the activity within the desired time frame, they can receive access to a special privilege (e.g. screen time) and may have access for the remainder of time they have left.
- d. If they do not complete the activity in the desired timeframe, they do not get access to their special privilege, but they can try again with the next activity.
- Promote all positive behaviors and use of a checklist or planner for “end of day” rewards (e.g. extra screen time, favorite meal). Give your child reminders that as soon as they complete “school” they get their “end of day” reward.

Where can parents find resources online?

Reading help:

Below are some programs to help high school aged children with reading:

Program: HELPS program

Focus (five areas of reading): Vocabulary, Fluency, comprehension

Grade levels: 1-12

Format: Printed paper

Cost: Free – just need to print materials

- Lot of material to print
- Really good for a free program
- www.helpsprogram.org

Program: REWARDS

Focus (five areas of reading): Fluency, comprehension

Grade levels: 4-12

Format: Manual-based

Cost: Varies by program (about \$100)

- Upper level students enjoy this program
- <https://www.voyagersopris.com/literacy/rewards/overview>

Apps that can help you stay organized and plan your day:

- MyHomework (free)
- Plan it, Do it, Check it Off (\$4.99)
- Simple ToDo List (free)
- Bear in Mind (\$1.99)
- Evernote (free)
- Checklist + (free)

Free lesson planning and daily schedules:

- Khan Academy Kids is offering student schedules by age with free, accessible content and materials for different academic areas:
 - 6th- 9th grade: <https://tinyurl.com/rkjb6ya>
 - 10th-12th grade: <https://tinyurl.com/v2gxsrn>
- Free math worksheets by grade level (all the way up to pre-calculus):
 - <https://www.homeschoolmath.net/worksheets/>

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