

Free Study Guide

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Introduction

Thank you for downloading our
Certified Teachers Tutor™ Free Study Guide.

Below is a brief overview of this free study guide

Introduction

Getting Started

General Tips

Language Arts

Math

Resources

You Are Here

How to prepare for a successful studying session by setting up a proper environment for learning.

General studying tips and an approach to learning that helps with any subject.

Specific ideas and recommendations for improving reading, writing, and spelling.

Specific ideas and recommendations for learning new mathematical concepts.

Additional resources that can be helpful in supporting learning and are free.

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Getting Started

Creating an environment for learning

Steps to make sure the environment is supporting learning.

Make the time

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Making sure that there is enough time set aside for studying is the single most important way to ensure success in school. Not leaving enough time to study creates a rushed and pressured studying environment that makes learning stressful, difficult, and less productive.

- ✗ Not leaving enough time to study can lead to a rushed, pressured and unproductive studying session.
- ✓ Making sure to set aside time each day to study and learn nearly guarantees success in school. Among peak performance experts and researchers alike, time alone is considered to be the most important factor that contributes to learning and mastery.

Set Expectations

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Having a goal in mind when beginning a studying session is always a good idea, however, sometimes parents and students expect to learn everything they need to know in one session and that anything but this means failure. Having these expectations can cause students to become easily discouraged and unmotivated when they aren't successful right away.

- ✗ Expecting too much can cause students to get discouraged when making small mistakes that are part of the learning process.
- ✓ Realizing and accepting that some studying sessions will be more productive than others will help keep students motivated and not become discouraged, thereby spending more total time engaged in learning. Slow and steady wins the race!

Support their effort

We all want our kids to get straight A's, however, by supporting your child every time he or she tries to study or learn you will be helping to instill in them a love of learning that will not only help them raise their grades but continue to be able to learn and grow on their own beyond school.

Study together

Most kids don't want to be alone when studying or doing homework. If there is something you like to do such as reading a book or doing work in the same room together while they study they will enjoy getting a chance to not only study but spend time with you!

Believe in them

If your child didn't see a change today, then tomorrow could be that day. Remain optimistic and hopeful and have belief in your child's abilities, as they may have their own doubts about whether or not they can succeed. By believing in them you give them the confidence to continue trying until they succeed.

General Tips

Dispelling the myths of learning

Myth #1

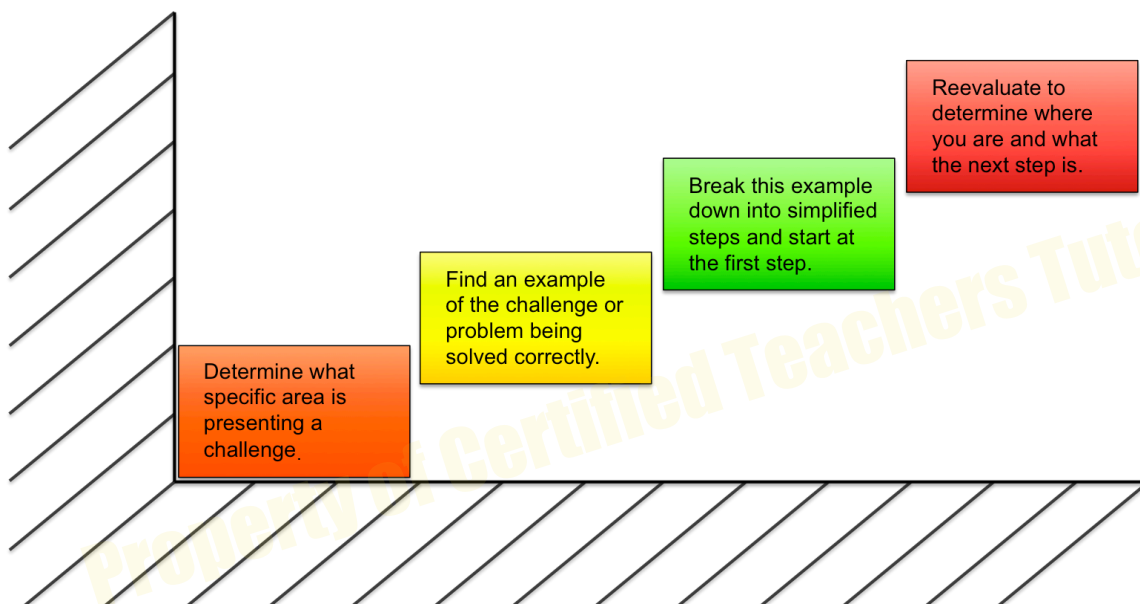
Copying is bad

As we will see in the following sections, **copying is how we learn!** The only reason students cheat on tests and copy is because they have not yet reached a level of mastery to generate the right answers themselves! This has given copying a **bad reputation** as “cheating” and while we don’t support that, we realize that everything a child learns growing up, from language to any behavior comes from imitating those around him. Copying is one of our most basic and **effective tools for learning**.

Myth #2

Learning is hard work

Learning can be fun! Any problem or task can be broken down into a series of **simple steps**. Part of the **wonder of learning** is identifying the **first step** and those that follow. This makes learning like a **game**.



Language Arts

Reading & Writing

Reading

The two most important factors that improve reading are
time & practice

The amount of **time** spent reading and how many opportunities a student has to **practice** new skills



Students who are falling behind in school can be supported in many ways

Research shows that students who fall behind are not receiving enough hours each day to practice reading.

If your child is not spending at least an hour a day total having reading opportunities, he or she may fall further behind.

Kids that are successful at reading are not smarter, they are having more opportunities to read and spending more time doing so.

Set aside time each day or night to read with your child. This can include any magazines or books that interest your child.

Find out what your child likes to read about. Any reading is good reading! The more opportunities you provide them to read the more they will grow as readers.

You can help your child and demonstrate how to properly pronounce words just by talking with him or her and modeling. This is how we learn to speak at a young age.

Once your child begins to catch up, it will be easier to maintain the growth and progress just as one never forgets how to ride a bike after learning how.

Writing

Set up for meaningful writing opportunities by sitting down with your child to write a letter to a relative or friend.

As a game have you and your child write notes to each other to communicate for part of the day.

If your child gets stuck or has any difficulty at any point, encourage him or her to continue trying and then provide a model of the correct example for support.



We learn more when what we are doing has a **purpose**

Math

Using what works

An approach that values learning by doing

Why not the why But the How Not the why

- We don't learn to ride a bike or throw a ball by talking about it
- We learn by trying it ourselves and changing our approach along the way
- Concepts don't help us learn HOW to do something, we learn that by trial and error
- Deeper understanding comes later or alongside this active learning process

How does this help us with math ?

- You sit down with your child to do homework and open up to the first problem in the text book and don't know what to do.
- Realize that like riding a bike or any other activity, there is a simple series of steps that we have to learn to follow to get a result we want.
- Figure out what we know and don't know. If we don't know what the first step is we can do three things.
 - Look for an example in the text that shows the steps to take.
 - Find a resource online that shows the steps to take.
 - Find somebody that knows what steps to take.
- Once we find the resource, pay close attention to the first step it takes and break everything it does into simple steps.
- Copy these steps and begin to internalize them as you attempt to do them on your own referring back whenever you need to copy some more.
- When you get stuck, even if it's at the next step, refer back to the resource and begin the process again, copying any and everything.
- Most people don't figure out how to do something on their own, they learn from others by copying what has worked for them.
- This is how we learn anything else in our lives and the idea that copying is bad no longer serves us. Copying is a useful tool for learning.

$$\begin{array}{r} 44 \\ \times 53 \\ \hline \end{array}$$

Break the problem into steps.

$$\begin{array}{r} 44 \\ \times 53 \\ \hline \end{array}$$

What is the first step to do?

$$\begin{array}{r} 44 \\ \times 53 \\ \hline \end{array}$$

We can multiply 4 times 3 but what if we do not know the answer?

$$3 \times 4 = ?$$

We can then make a smaller equation that has its own set of steps.

$$3 \times 4 = ?$$

What is the first step now?

$$4 + 4 + 4 = ?$$

If we don't have this answer memorized, what is a step we can take to solve this?

$$\begin{array}{r} 4 \\ 4 \\ + 4 \\ \hline ? \end{array}$$

At this point, if we are still not sure how to solve it we can break this into smaller steps.

We always ask what the first step is. From here we can see what we know and don't know

Learning is hard when we try to skip steps instead of starting with what we know.

Resources

Books, Websites And More



Google - One of the most useful resources available for any learning related activity. You can type in and search for any question you might have but not all answers are reliable.



Funbrain.com - This popular website has many games that kids can play, which provide them with more opportunities to practice the skills that they are learning in school.



TimeForKids.com - This website is full of fascinating information that kids will find interesting to read about.



Public Library - Exploring the public library together can be a great experience for you and your child to generate excitement and interest in reading about various topics.



Scholastic.com/parents This website is a useful resource for parents in helping to support their kids academically and otherwise.



Exploratorium.edu - By far one of the most useful resources available for any learning related activity. If you have any question type it here and you will find many answers.



Raising Your Spirited Child: A Guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent and Energetic by Mary Sheedy Kurcinka - Great read.



Mathforum.org/dr.math- Dr. Math is here to help support you and your child in all things math-related.



The Pressured Child: Helping Your Child Find Success In School and Life by Michael Thompson and Teresa Barker- Helps us see things through our children's' eyes.

Tutoring

When tutoring can make a difference



Not all resources are **equally helpful** at all times. Having a **tutor** can help provide support in **many ways**.



When other resources are not helping or your child is not currently engaged in learning, a tutor can provide **increased motivation** and interest in learning.



If you are not sure where to go to find the proper examples to support your child's learning, a tutor can be an excellent resource to provide the **proper examples** and useful feedback to **accelerate learning**.



If you are falling behind in any way, a tutor can help your child learn more at a faster rate, with less time spent figuring out what works as a tutor already knows this and can ensure study time is spent **more efficiently**.



Our CTT Tutors™ have extensive experience working with students and know how to explain things so that they make sense and are **easy to understand**.



A tutor can provide you and your child with lasting **tools and strategies for learning** that you can both take with you after a session to **support future learning** and academic success.

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