

# Study Skills

A Helpful Guide for Intermediate School  
Students and Their Parents



Look Inside for  
Great Tips on  
Studying, Note-  
Taking, Test  
Prep and more!

Published By: The Guidance Department of  
Saddleback Valley Unified School District

# Welcome!

Transitioning from elementary to intermediate school can sometimes feel like you have landed onto an alien planet. There are new students you don't recognize, multiple classrooms and teachers, more assignments to keep track of, and now you are introduced to this new thing called "final exams". While it all seems daunting at first, intermediate school is an exciting time to grow, learn and make new friends. You will master new subjects and meet diverse groups of people. You will change physically, mentally and emotionally, and also take on new challenges and responsibilities that further add to your unique experience. Intermediate school is a small chapter of your life that makes a big impact. Enjoy the experiences and keep focused!



## School Telephone Numbers

La Paz Intermediate School.....(949) 830-1720

Los Alisos Intermediate School.....(949) 830-9700

Rancho Santa Margarita Intermediate School.....(949) 459-8253

Serrano Intermediate School.....(949) 586-3221

Saddleback Valley Unified School District.....(949) 586-1234

25631 Peter A. Hartman Way  
Mission Viejo, CA 92691

Please refer to the SVUSD website (guidance link) for more information about Intermediate School and to see the Intermediate School Planning Guide Booklet and the Preparing Early for College Booklet.

# **Study Skills: A Helpful Guide for Intermediate School Students and Parents**

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# **Student Section**

# Get Organized!



Being organized can help make learning easier both at home and in school. Here are a few tips to get started and keep your life simplified!

## **Prepare the night before!**

Getting everything ready the night before will help you not feel so rushed in the morning.

- Check your planner to make sure all assignments have been completed for the next day.
- Pack up your backpack after all assignments have been completed so you don't risk leaving something at home.
- Organize your backpack so you don't have any loose papers or items you don't need.

## **Keep a planner!**

Keeping a planner is the easiest way to keep track of assignments and deadlines. With a planner, you will never forget a thing!

- Take your planner EVERYWHERE. You never know when you might need it.
- Write down daily homework assignments, due dates, tests, appointments and social events. Having a planner with a monthly calendar built in can help you see what's going on long term and help better plan for what's ahead.

## **Organize Your Notebook**

Your notebook contains every tool you need to pass your classes. Keeping it organized is essential to academic success!

- Buy a three-ring binder to easily add/remove assignments.
- Keep a section in your notebook for each class. Use colored dividers to quickly distinguish classes. Keep notes and hand-outs in these sections. This helps to keep everything organized and prevents papers from getting misplaced or lost.
- Use the method of homework preparation that's best for you – a separate homework folder or the front of your notebook – so you don't forget to turn in homework that you've completed.

## **Have Phone Numbers for Classmates**

- Make friends with people in class and exchange phone numbers, e-mail, social media names, etc. Not only will you make friends, but you can contact them if you are ever absent and need to know what went on in class that day. Plus if you have a question about an assignment, they can help.

## **Use Teacher Websites/On-Line Grade Reports**

- Most teachers post the homework, notes, etc. on their websites which is so helpful when you are absent or do not completely understand the assignment.
- The on-line grade postings will show you which assignments are missed and what grades you have received on each assignment, test and project.



# Time Management

With all the assignments and activities you have, making time for them is very important. A well-planned schedule can save time and energy and make your life easier!

## **Create a schedule!**

- Block out times for school, appointments, meetings, sleep, etc.
  - Example:
    - School: 8:00am-3:00pm
    - Practice: 3:15pm-4:45pm
    - Family dinner: 7:15pm
- Create a study plan. Figure out how much time you have remaining to complete homework and studying for the day.
  - Example:
    - 5:00pm-6:00pm: Do algebra homework
    - 6:00pm-7:15pm: Study for science test & complete English review
    - 8:00pm-9:30pm: Finish remaining homework & look over science notes

## **Use Class Time and Study Halls**

We all need quiet places to get our work done without distractions. Take advantage of free time in class and get a head start on homework, projects, etc.

- TIP: Libraries are great places to go and get your work done. They are quiet, the chairs are comfortable and they have reference materials!

## **Eliminate Distractions**

Even with all your preparations and scheduling, there are still going to be interruptions. You can't prevent everything, but you can minimize disruptions.

- Turn the TV off!
  - Wait until you finish your homework/studying before turning on the TV.
- No loud music!
  - TIP: Listen to classical music. Some studies show listening to classical music while studying improves your grades and concentration!
- Quiet your phone. Keep your phone off or silent while you study to avoid distracting text messages, social media updates, and phone calls.
  - TIP: Leave your phone somewhere where you won't hear it or use a "Do Not Disturb" mode which will keep phone calls, notifications and texts from coming in until you are done with homework and studying.



# 10 Tips to Making the Most Out of Class

## **1) GO TO CLASS!**

- Attend class and be ON TIME!! If you miss school or part of a class, you miss a lot: Lectures, homework assignments, notes, tests and class discussions. Missing class means missing information, which can lead to lower grades.
- If you do miss class, it is YOUR responsibility to get all the necessary work that you need to make up. Talk with your teachers before or after class to find out what you missed and to get late work in as soon as possible. Look at teacher websites while you're at home and call classmates if necessary.

## **2) Sit Close to the Front**

- Sitting up front helps you maintain focus and stay focused. The board is easier to see and it allows you to clearly hear the teacher. It reduces distractions, such as talking and looking at your cell phone.

## **3) Be Prepared for Each Class**

- Coming to class ready everyday prepares you for learning. Make sure all assignments have been completed and you have all tools necessary (textbook, notes, paper, pens, pencils, etc.)
  - TIP: Get a good night's sleep and have a healthy breakfast before coming to school. A good meal and a good sleep will recharge your body and awakens your brain so you are ready to learn.

## **4) Note Taking**

- Taking good notes aids you in becoming a successful student. See pg.6 on Note Taking for more tips!

## **5) Participate in Class Discussions**

- Getting involved in class discussions makes class more interesting and fun and helps keep you stay engaged and focused on what you're learning. It helps test your knowledge and gives you the freedom to express your opinions on certain topics.
  - TIP: If you are involved, your teachers will notice. When it comes time for final grades, some teachers give participation points, which helps boost your grades. It pays to get involved!

## **6) Ask Questions!**

- Chances are if you don't understand, somebody else doesn't understand. In most cases, other students are glad you asked a question because they too are confused! So be bold and ask questions! Teachers love to take the time to better explain topics and concepts that you don't understand. You will be glad you did!

## **7) Listen to others**

- Be respectful and courteous to those who are speaking.
- Listen carefully to key points your teachers and classmates share. Think about what those points mean and try to understand their meaning.
- Participate even further by adding to what other classmates discuss, but try not to dominate class discussions.

## **8) Learn How to Adapt to Different Teachers**

- One teacher might count your assignment as late if it is not turned in at the beginning of class, while another one might not count the assignment late until the end of the semester. The goal here is to learn how to adapt to each style so you can get the most out of each class. You might not always agree with a teacher's teaching style but at the end of the day, they evaluate your overall performance.

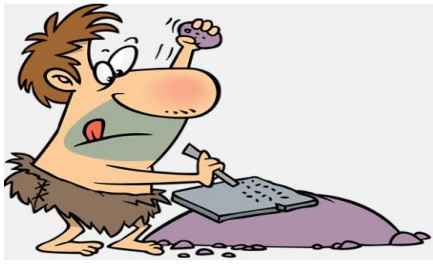
## **9) Take Responsibility for your Grades**

- Putting forth your best effort is expected of you as a student. As long as you try your best, no matter what, you will have success. You will be proud of yourself when you succeed and know that you tried hard even when you don't do as well.
  - TIP: Don't be afraid to ask your teacher about your grades. If you feel you should have received a higher grade on something, ask! Sometimes teachers can catch errors or explain to you why they are giving you a grade and will give you tips on how to improve for next time.

## **10) HAVE FUN!**

- School is serious business but that doesn't mean that you can't enjoy yourself as well! Spend time with your friends on your breaks, try to make studying more enjoyable. Take each assignment as a challenge and involve your family with your schooling. You will enjoy school so much more if you have good people to share your experiences with!!





# Note-Taking Tips

## **Be an Active Listener!**

Being an active listener requires you to always be listening so you can pick up on important terms or facts your teacher might be putting on your exam.

- Come to class alert and ready to take notes. Getting yourself in the right mindset will help keep you motivated as you listen and take notes.
- Try your best to not only listen but to UNDERSTAND what your teacher is saying. Knowing a concept is one thing, but being able to understand it and explain it will help you learn it better and retain the information longer.

## **Make Your Notes Easy to Read and Understand**

- Write neatly!!
- If you handwrite notes, come up with a shorthand system of abbreviations and symbols in order to save time.
- Put your name, date, class period and a header on ALL your notes.
- Try to skip lines between topics to separate the different ideas.

## **Write Down Key Words and Phrases**

When you are taking notes, listen for clues during your teacher's lecture:

- Main ideas being repeated.
  - If a teacher repeats ANYTHING, chances are it is especially important and may be on a test.
- Write down everything written on the board.
- Listen for key phrases. Teachers will usually deliver their key points with a phrase beforehand. Some phrases to listen for are:
  - "An important thing to remember here is..."
  - "You may want to note that..."
  - The test is going to cover..."

## **Get a Copy of the Notes from a Classmate or A Teacher Website if You're Absent**

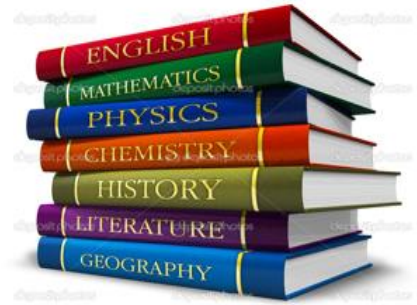
Being absent is no excuse for you not to have notes. Ask your classmates if they will lend you theirs so you can write them down. Certain notes or outlines are posted on teacher websites.

- TIP: If your classmate's notes are not clear enough for you, ask another classmate for their notes or ask the teacher for clarification on certain points you are confused on.

## **Last minute tips on taking efficient notes**

- Keep focused on what the teacher/classmates are saying and avoid other distractions as you take notes.
- After school, look over your notes again and highlight the information you feel is most important or key points you need to review.

# How to Properly Read and Outline from Textbooks



## SCAN

Scanning textbook chapters allows a quick look as to what you will be reading about!

- Take a survey of the book.
  - Skim through and look at chapter titles and section headings. These are usually in bold print.
  - Glance at pictures, maps, charts, tables and graphs.
- Read the summary.
  - At the end of each chapter and/or section, there is a review summary about everything you just read. Read the summary and look at any review questions provided so you know what facts to look out for.
- Note any new vocabulary words.
  - These are usually in bold and have their definitions in the margins. Write these down, they make perfect test questions!

## READ

Make sure to read with meaning. Don't read for the sake of reading, try to absorb and take in the information. Understand what you're reading and you will remember the information better and longer.

- After you finish reading a section, summarize it in your own words and write down the key points of each section in your notes.
- As you read, make sure to take breaks! Breaks allow your brain to absorb and retain what you read. Try to take mini breaks every 20-30 minutes.
- TIP: Using more of your modalities – if you read (visual), write (kinesthetic), and discuss (auditory) you are more likely to retain the information.

## REVIEW

- Recite the main ideas out loud to yourself or to a partner so you can see how much information you remember and understand.
- As you review, jot down more notes for concepts you still don't know or for ones you don't want to forget.
- TIP: to keep information coded in your brain, review everything often until the day of the test. This constant review and repetition of facts will cement the concepts in your mind and make them easier to retrieve come test time. MORE REVIEW = BETTER GRADES!

# How to Study Smart



## **Find a Good Place to Study**

Some people like studying in libraries, others like studying outdoors or even in bed! As long as your study space is comfortable, has minimal distractions and helps you get into the “zone”, you will have productive study sessions.

## **Avoid Cramming**

Cramming is sometimes unavoidable, but avoid it if you can! Research shows if you study in smaller sessions more often, you retain more information than if you cram everything into one big study session. Make time in your schedule for studying at least one subject every day. This way study time before an exam is just for review, not for learning the material.

## **Have ALL Study Materials Ready to Go**

- Textbook and notes.
- Past homework assignments, quizzes and tests. Make sure they are corrected.
- Study guides.

Make sure distractions are minimal by staying away from cell phones, television, music, etc. Make sure to take breaks every 20-30 minutes so you don't get overwhelmed. Also take breaks in between studying different subjects.

## **Know What To Study**

Check study guides and past readings to get a better sense of what you will be tested on. Pay attention in class the day before an exam because teachers usually go over the test and give last minute information.

## **Knowing the Tricks of the Trade**

- Use flashcards.
- Use acronyms like PEMDAS (Please Excuse My Dear Aunt Sally, which helps remember math properties) to help with memorization.
- Create mental connections to things. For example, the Leaning Tower of Pisa is in Italy. Try thinking the Leaning Tower of Pisa sounds like pizza and pizza is Italian, so the Tower is in Italy. Coming up with fun connections like this or little mental images in your brain really helps.
- Using your different modalities – visual, auditory and kinesthetic. If you can study with a parent, sibling or friend and say the information aloud it helps retain what you have learned.

## **LASTLY.... RELAX!**

Studying is important but don't let it get the best of you. It can be stressful at times, but knowing how to study smartly and managing your time makes all the difference! Yes you will be tested on this material and that is scary. But if you do your best, you can ace the test!



# HOW TO COMBAT TEST ANXIETY

## **Test Anxiety Causes and Symptoms**

Causes:

- Bad past experiences with taking tests
- Constant worrying, fear of failing
- Poor study habits

Symptoms:

- Headaches, feeling of light headedness
- Stomach pains
- Sweating
- Memory block
- Shortness of breath

## **Start studying early!**

Give yourself plenty of time to study the week before and of your test. Cramming before an exam will make you nervous and increase your anxiety. Use all the strategies and helpful hints listed on page 8.

## **Get Enough Sleep!**

Make sure to get a good night's sleep the night before your exam. Sleep recharges you and helps cement information into your brain!

- TIP: The night before the exam, review your material right before going to sleep. The fresh review session will unlock the info in your brain and be accessible in the morning.
- TIP: The morning of your exam, eat a good breakfast to help fuel you and wake your brain up.

## **Be confident!**

Confidence is the key in any situation. Walk into class with your head held high and give yourself a positive pep talk. You can do it!

- TIP: Sit quietly at your desk before the test and leave all concerns at the door.
- TIP: Don't let negative thoughts enter your mind. "I can't take this test, I'll never pass" is going to psych you out and make you anxious.

## **Remember to Breathe!**

Take deep breaths when you're feeling anxious. When you release your breath, release any tension you feel. Continue this pattern until you feel relaxed.

- TIP: Try stretching your arms, neck or back while in your seat to release any built up tension.
- TIP: Think of something happy and relaxing to help calm you down before your test.

REMEMBER, IT'S JUST A TEST – THERE WILL BE OTHER MEASURES COUNTING IN YOUR GRADE.



# Test Taking Tips

## **Be Prepared**

- Make sure you have everything you need when you come to class.
- When the test is passed out, quickly jot down any facts or notes onto your test that you need to remember.
- Read all directions carefully and make sure you understand them!

## **Multiple Choice Questions**

- Try to eliminate the answers you know are incorrect. This will lead you to the right answer!

## **True/False Questions**

- Read True/False Questions VERY CAREFULLY. It only takes **one** word to make a true answer false.
- TIP: Look for clues within the questions. Words such as always or never are likely to be false. Words such as usually, most or many are likely to be true.

## **Essay Questions**

- Read each question carefully!
- Brainstorm ideas. Write down points you want to discuss in your answer.
- Just start writing! Try to keep your writing clear, on track and easy to read. Make sure your paragraphs all start with a topic sentence, have supporting evidence and details and a conclusion sentence.
- If you don't know the answer, write about what you DO know. This will help you remember supporting information.
- With essay questions ALWAYS WRITE SOMETHING. Even if you don't know the answer, write something down. Usually teachers will give partial credit to questions that have been attempted over those that haven't been attempted at all.

## **Do The Easy Questions First!**

- This allows more time to focus on the harder questions.

## **Always Check your Answers!**

- Look over your answers before turning your test in. You may have marked the wrong answer or remembered a correct one somewhere else in the test.

# **Parent Section**



# Start At Home

Home needs to be a safe place where children can learn and grow into successful adults.

## **Prepare the Home Base**

The home is the headquarters for so much of a child's life. Having the home as a productive place for a student to study and succeed is crucial.

- Always have healthy foods and snacks available! This keeps children energized and their brains functioning while unhealthy food can slow them down.
- Ensure that there is a quiet, comfortable place in your home for schoolwork.
  - TIP: Be available to help child with homework and review for tests.
  - TIP: If you have more than one child, make sure children do not to disturb each other.
- Help your child set a schedule for daily homework, studying and projects.
- If necessary, help your child have a well-organized notebook and backpack.
- Make sure your child is home at a reasonable time and is safe.
- Make certain that your child gets a good night's sleep and a healthy breakfast.

## **Get Organized!**

- Eliminate clutter and make sure everything has a place to be stored. A clean and organized home is a healthy home and provides a relaxed, safe environment for families.
  - TIP: Have a schedule that lists all household duties that must be completed daily and weekly by each member of the family. It is less work for you and teaches your children responsibility!

## **Create a Family Schedule**

Create a family schedule that is posted in a common area of the home for everybody to see. Write down important dates, family events and appointments.

- Set up routines, allowing for some flexibility.
  - TIP: Most children thrive when there are basic routines after school, around bedtime, around mealtimes, etc.
- Buying a whiteboard calendar that can be edited quickly is perfect!
  - TIP: Give each member of the family their own color marker to write down their schedule to quickly differentiate who has what going on.

## **Be The Eyes and Ears**

- Monitor your child's television, internet and video gaming time. Know what they are watching, what they are playing and what websites they are using.
  - TIP: Set time restrictions on how long your child can spend on each activity.
- Keep electronics out of children's' bedrooms!
  - TIP: keep TVs, computers, gaming consoles, etc. in common areas of the home for better monitoring
- If appropriate, put parental controls on all devices including cell phones.



# BE INVOLVED



Most parents are not playing a vital enough role in their children's lives. Being involved is a small investment that will forever shape your child into the future leaders, labor force, and parents.

## **Know What's Happening at School**

- Be in contact with your child's teachers for any questions or concerns
- Sign up for the daily bulletins sent electronically
- Create an account on the "Family Portal" on the Saddleback Valley USD website
- Read the school newsletter (generally online)
- Join the PTA
- Go to ALL school parent nights
- Monitor your child's schoolwork and make sure it is completed on time.
  - TIP: All teachers post online grades. Check this regularly to make sure your child is progressing and not missing assignments.
  - TIP: Have students post their project due dates and test dates on your family calendar.

## **Know Where and Who Your Kids Are With**

- Know ALL of your child's friends and if possible, their parents. Other children are more of an influence that we give credit for. Make sure their friends will help your child in a positive way.
- Keep track of your child's schedule and activities after school (clubs, sports, etc.). Have your child write down their schedule on the family calendar.
- Make sure your child checks in with you throughout the day.
  - TIP: Consider getting a cell phone for your child to have easier communication, after school is over. There are apps where you can monitor your child's location and parental controls for the phone.
- Have a curfew for your child. California law states that minors should be home by 10pm on a weekday and 12am on weekends.

## **Be There**

- Attend everything! Go to all their games, watch their plays, and show up for award ceremonies. These small things are important for parent-teen relationships.
- Being there is more than just physically being there. It is being there emotionally as well.
  - Spend quality time with your child by doing something fun together.
  - Talk about things that matter, not just about superficial, easy topics.
  - Try having family dinners each night or a family day on the weekends to help strengthen family bonds and connections.
- Don't have unrealistic expectations: Know your children's limits and strengths. Push them where they need it but know when enough is enough.





# Communication

Communicating with your children is the building blocks for strong, long-lasting connections. Talking clearly and openly helps shape relationships and can do wonders for a child's emotional health.

## Ask Questions

- Asking questions lets your child know that you care. It shows you are interested in their life and want to be involved with their new experiences. At this stage in life, teenagers need validation and to know they matter to somebody. Asking questions is the easiest way to show that.
  - TIP: There is a fine line between asking questions and interrogating. Teenagers are going through changes and often internalize their feelings instead of expressing them to parents. Be considerate of this and encourage an open dialogue with your child. Let them come to you in their time and let them know you are there for them. Chances are they will.

## Listen, Listen, Listen

- Parents and teens always say, "You never listen to me!" It's true; you both aren't listening to each other. As your teen is growing up they are now developing their own opinions and ideas, which are probably different than yours. Even if you don't agree with them, listen to what they have to say.
  - TIP: make sure you give your full attention to your teen as they speak.
  - TIP: lead by example. If you listen attentively, they will do the same for you.

## Talk about Changes

- Change seems to be happening every minute for teenagers – school, body changes, and relationships. Find out what's going on with other teens in your neighborhood.
- Discuss and research what each change means. Help your children know they are not alone by encouraging them to speak about the changes in their life.

## Establish Rules and Be Consistent

- Work with your children to set up a system of rules, responsibilities, expectations and logical consequences for not following the rules.
  - TIP: An example of a "logical" consequence is: if their room is very messy, they clean their room and another room as well. Don't always use "grounding" or taking away desirable items as punishment.
  - TIP: You can use a chart that outlines the very detailed and specific rules and next to each rule write the "logical" consequences for not following it.
- Make sure you and your children are both clear on what the rules and responsibilities are. Let them know what is expected of them. Talk with them about why there are rules in place.
- Follow through with consequences and be consistent
  - Children need to own up to their mistakes and take responsibility for their actions. But you have to follow through with the logical consequences.



# Preparing For the Future

College is right around the corner so it is important to start helping your children prepare now and not just in studying. Here are some tips to help get your children to the top!

## **Encourage Reading**

Reading is the most important thing a student of any age can do to become a successful student. Encourage teens to read for enjoyment and to explore different subjects.

- Provide lots of different reading material for your child.
  - Books, magazines, newspapers.
- Take trips to the library.
  - Browse different sections and see if your child gravitates towards a specific area. Encourage them to explore areas of interest.
- Read along with your child.
  - Practice what you preach and read along with your children with your own reading material. Children imitate their parents more than we think they do so you can be a good role model.

## **Help Plan Schedules**

Once children start intermediate school, they will have more options for choosing courses. Research different courses offered with your children each year and try to find ones that interest them and prepare them for their future.

## **Be Involved in Future Decisions About College and Career**

As children start talking about and applying for colleges, planning their post-secondary education and careers go through the process with them.

- Assist them with career research using Career Planning websites, taking interest surveys, etc.
- Know where your children are applying and assist them with the application process.
- Go on campus tours with them.
- Research and talk about each school's pros and cons to help narrow down a decision.

## **Nurture a Love of Learning**

- Find what your children are interested in and invest in those topics.
- Make learning come to life by showing real world application of their favorite subjects.
  - For example, if your child is interested in being a doctor, take him/her on a tour of a hospital.
- Take them on educational field trips and vacations to places where they can discover new things.

## **Encourage and Support Them**

As children now begin to take steps towards independence, remain their biggest supporters. Children naturally gravitate towards their own interests and sometimes it conflicts with the desires of the parents. Encourage them to make decisions that will benefit them in the long run and help them to grow as people. Support them through those tough decisions by letting them know you will always be there for them.

# Team Together



## Talk About the Hard Stuff

- Teach Good Judgment
  - Help children learn right from wrong.
  - Help them to see the big picture.
  - Teach them to trust their instinct when faced with difficult situations.
  - Encourage them to ask you for advice or assistance in times of confusion.
- Bullying

In this day and age, bullying can follow a child all day, every day in many forms. Talk with your children about bullying and try to encourage them to overcome and show the bully has no effect of them. The greater your child's self-esteem the less he/she will be the target of a bully. If bullying is a serious problem for your child, contact your child's school for further action. You may also want to seek help from a professional.
- Peer Pressure

Friends and peers are a big influence. Drugs, alcohol, sex, and criminal activity usually start during teen years because teens are pressured by their peers. Help keep your child confident in their beliefs and ensure they do not participate in anything that makes them uncomfortable.
- Safety

The world is not as safe as it used to be. Teach your children to always have their eyes open.

  - Have children be aware of their surroundings. Know what is going on around them everywhere they go.
  - Don't let children go anywhere you are not comfortable with them going.
  - Equip your child with means of getting out of an unsafe situation. Encourage them to run, call for help, anything that can get them back to safety.
  - Know where they are at all times so in case of an emergency, you know where to find them.
  - Allow them to use their cell phones if they are not in school.

## Help Kids Deal With Stress

- Comfort them: Let your child know that you are there for them and to reassure them they will survive. Let them freak out and vent so they can get it out of their system
- Take breaks: If a child is experiencing stress, encourage him /her to take breaks to rest the mind and refocus. Have your child eat something, watch a little TV, go for a walk, or anything else to breathe and relax.
- Attack the problem: Whether it is a homework assignment, a college application or a relationship problem, ask if there is anything you can do to help. What can you both do to fix the problem?
- Celebrate when the stress is over: After any amount of stress, winding down is important. Celebrate the big accomplishments and small, either by praise or doing something special.

At the end of the day, you are a family. Encourage, love, respect and support each other, be patient, be kind, celebrate life and have fun. Planning for your child's future is important, but what's more important is developing a relationship with them. Let them mess up and fall down, allow them to get caught up in a sticky situation so they can learn to find their way out of it. Being there for them through it all and being their number one cheerleader is what it's all about. You are all in this together. You're a team going for the same goal. Life is short and childhood is even shorter. Live and love to the fullest and help each other succeed ☺