

MATHLEAKS'

**HOW TO EMPOWER
YOUR TEENAGERS
FOR BACK TO
SCHOOL THIS YEAR**



Recall that last back-to-school commercial? The one where, as "It's The Most Wonderful Time of the Year" is playing, adults prance along the aisles buying school supplies while children trail behind?

Your teens may not be all that thrilled to go back to school, but you can definitely soften the blow with some preparation and organization tips.

Even the most well-organized homes may become chaotic during the back-to-school rush. It might be difficult to leave the house before the bus leaves after having breakfast and packing book bags.

Success in school and in life depends on having strong organizing abilities. Despite the fact that some people are more organized by nature than others, anybody can set up rituals and processes to assist a youngster in "getting it together."

So what do we do to keep our teens motivated and interested in summer study?

The answer: it depends on the kid's specific requirements.

Some teenagers, who may not have such a big love for math, need a break, even if just for a short time.

Others would choose to devote even an hour a day to solving a math problem, writing a report, or reading a text. The most important thing is not to push the child in any way but to listen to what is most required, whether or not the teenager is studying.

Regardless of how studying is done, we can make it more appealing to high schoolers.

It may, for example, take the form of a game. You can begin an interactive quiz game of scaling complexity and diversity of what they learned last year. To enhance and make the game more fascinating, you may utilize other books available on the market.

Finding more inventive ways to study will keep them occupied and learning during the hours when they are not chilling.



BENEFITS OF STUDYING BEFORE SCHOOL STARTS



Teenagers may have many plans for the summertime: they want to travel, spend time with their families and friends, or even take on a part-time job. The truth is they need to relax and unwind from a hectic school year, but the problem is that most students completely neglect their academic duties. Since there are no exams, assignments, or assessments, students see no need to worry about their studies. However, this shouldn't be the case.

After summer vacation, students must return to school. Therefore, it's important to continue studying during this time.

Besides, it also has some great advantages:

REPEAT THE CURRICULUM

Reviewing last year's curriculum helps your teen remember everything they learned in class last year so that knowledge is more readily accessible this year. Studying keeps them engaged in their studies, allowing them to retain facts, thoughts, and knowledge. Studies have shown that people can forget what they've learned within two to three days. Even a weekly refresher can help reverse this trend and keep the material in mind so the next class doesn't feel like rocket science.

PREPARE FOR THE NEXT SEMESTER

Bring the following semester's curriculum home with you. This will give them an overview of the next semester. It also allows them to prepare for future topics and subjects they'll likely need prior knowledge to handle. This way, they can at least do some preliminary review and get the ball rolling if their teacher wants to have a class discussion without rushing through a review at the beginning of the new school year to remember the basics.

REVIEW RESULTS AND CATCH UP

School break gives teens a chance to review all of the material taught in class and test their knowledge on various topics and ideas. They have time to work on their academic performance, take a step back, and evaluate their progress without being distracted by upcoming assignments, exams, assignments, or other commitments.

REVIEW RESULTS AND CATCH UP

If your kid is behind on a certain subject or hasn't been taking notes for a particular class, summer break is a great opportunity to figure out where they need to put more effort. They'll have time to work on the subjects they struggled with in class to close any learning gaps. Use this time to work with them on those issues, and if necessary, you can hire a tutor for additional support.

Mathleaks can be your kid's personal tutor. Offering affordable, faster results with a variety of resources and tools. Learn more [here](#), now with a 2-week free trial on all plans!



REDUCE ACADEMIC PRESSURE

Summer studying can really help reduce the stress and academic load of high school-aged kids. It's not uncommon to have homework due during the summer, especially if a class extends into the fall. Studying during vacations is a great method for students to prepare themselves for assigned tasks while also revising for upcoming exams.



MOTIVATION FROM PARENTS

Everyone feels safe in the presence of their parents. Parents are the best motivators and always encourage kids to focus on their goals. Get your kids to open up and tell you about their concerns. Let them know that you're always willing to help them, so they don't have to hesitate to bring up school difficulties.

WHEN IS THE BEST TIME TO STUDY?



EARLY MORNING STUDYING

Most people believe that the optimal time to study is in the morning when our minds are at their sharpest after a restful night's sleep and breakfast. Since we often remember things better in the morning, this hour is ideal for opening a textbook and learning a new theory or simply reviewing the lecturer's notes from the day before. Natural light is also good for the eyes and helps people stay alert.

AFTERNOON STUDYING

Students' brains are very good at integrating new material into what they already know in the afternoon. At this time of day, students can make connections and make more meaningful sense of the knowledge they've acquired at this time of day.

Mornings and afternoons are also preferable for studying since if you get stuck in the middle of your study, you can always call your friends or teachers for clarification or even go to the library to gather additional info because that's when people are most busy.

NIGHT STUDYING

Some students have more energy later in the day than others. Therefore, it's more beneficial for them to read and study in the evening or at night. Studying at this time improves concentration and creativity because there are fewer distractions and everyone is in bed, so there's a lot of peace and quiet. It's also said that sleeping after studying helps you process information and remember it better. Keep in mind that teenagers should still get an average of 8 to 9 hours of sleep each night.

According to certain studies, studying when you're fatigued might help your brain remember larger concentrations of new abilities, such as speaking a foreign language. Sleep-learning appears to be the name given to this phenomenon. Because the memory-consolidation process works best during slow-wave sleep, your brain may get the repair and reactivation it needs during this period of rest. This means that studying before bed can help your brain learn new information even while you're asleep.



HOW TO FIND YOUR BEST TIME TO STUDY?

Everyone is different, so different timing works differently for everyone. To help your teens find the time that is right up their alley, consider the following:

When are they most alert? Consider this: certain characteristics of memory and attention seem to be better at different times of day for different people. For example, while you may have a higher visual memory in the morning, your critical thinking capacity is at its height in the afternoon.

If their ideal time is prone to interruptions, such as dinner time, it's better to choose a different time.

Encourage them to choose a time that they can stick to at least a few days a week because consistency ensures that they study every day and increases the quality of their study time.

WAYS TO HELP YOUR TEEN GET ORGANIZED FOR THE NEW SCHOOL YEAR

Studying in the heat and when everyone is at the beach isn't the easiest thing in the world. Therefore, you need to find solutions to help them read in the summer and achieve all their goals! Here are some ways you can help them stay focused:

1. Create Checklists

Assist your teen in developing the practice of maintaining a "to-do" list. Post assignments, home tasks, and reminders of the resources students need to bring to class on checklists. Your child needs to keep a tiny journal or pad specifically for recording homework assignments. They will have a feeling of success as they check things off the list as they are accomplished.

2. Organize Homework Assignments

Encourage your child to number tasks in the order they should be completed before starting a homework session. They should begin with one that isn't too lengthy or challenging, but they shouldn't save the hardest or longest projects until last. You don't want a young person doing a history essay at 10:00 at night.

Show your child how to divide up a larger task that isn't due right away so that they may fit it into their regular homework period.

WAYS TO HELP YOUR TEEN GET ORGANIZED FOR THE NEW SCHOOL YEAR

3. Study from notes

If they've already studied the course for a previous exam, they will remember some things. Advise them to take notes and study from them. They can also ask for notes from their classmates if they don't have their own.

4. Refrain from social media

Social media is one of the biggest distractions for teens. Plus, seeing happy photos of others and stories of beaches and vacations isn't conducive to their psychology. Instead, they can spend their time doing other activities, such as watching movies or series or reading blogs and news! That's why you should advise them and help them set a limit on the time they spend on social media every day and put their phones aside for a while.

5. Set up a study space

When it comes to studying areas, students often have their own preferences. Some prefer to study in crowded coffee shops, while others prefer peaceful areas in their college's library. However, it's not always possible to study away from home. Help them choose a nice, comfortable, quiet environment where they can be undisturbed, away from distractions such as video games, TV, or other activities that distract them.

6. Be realistic while still being ambitious

Help them set realistic goals. It's fine to claim they'll get through 13 lectures and answer 100 questions, but it's not a piece of cake. Breaks are a good time to assess but also to relax and rejuvenate. It's summer. Both of you will want, need and deserve a break. So when it comes to creating a schedule, less is more! You can still encourage your teen to set ambitious goals while remaining realistic.



7. Gamify Study Time

Study time doesn't have to be boring. There are many ways to engage with math without delving into the books. Good for you; math is all around us, so you can use that to get your kid's mind active. You can find many math games like quizzes, puzzles, or team games on the internet. This method makes it more fun for your kids and gives them a chance to put their knowledge into practice and connect the dots between chapters and scattered information.

On the Mathleaks platform, you'll also find interactive content to get your kid excited about math!

WAYS TO HELP YOUR TEEN GET ORGANIZED FOR THE NEW SCHOOL YEAR

8. Be understanding

Let them decide for themselves what they want to do. It's okay to say "no" to plans if they feel like it. If they want to pass on family dinner one day to go for a walk or go out with friends, that's fine. They need to relax and reward themselves as they want to. Don't push them or stress them out with family plans and other things they need to get done. Make sure you listen to their will and let them choose how much time they want to spend studying. Remember that they should have time off from everything too. They've been going through a lot of changes and lockdowns lately. It's normal for them to want extra freedom now that things are improving.

9. Take care of them

Take care of your teens emotionally, mentally, and physically. Remember to look after their needs. Encourage them to take time to exercise, hang out with friends, spend time with loved ones, and do activities they enjoy and have fun with.

10. Prepare for the Day Ahead

Your teens should put away their books and schoolwork before going to bed. Layout the clothing, shoes, and accessories for the following day. Plugging in devices will allow them to charge. This can lessen morning disorientation and help your youngster get ready for the day right away.



Studying during school break may not sound like fun, but with the right tools and organization, it can be very beneficial without feeling overwhelmed or drained. Discuss with your teens what works best for them and their needs.

Don't forget that they need to have some rest and fun too! Save this file so you can come back to it again and again for answers:

- [Benefits of Studying Before School Starts](#)
- [When is the best time to study?](#)
- [Ways to Help Your Teen Get Organized for the New School Year](#)



If you don't know where or how to help them get started, or if you need extra help with their math, Mathleaks is the place to go! The platform is accessible and provides appropriate resources for students, parents, and teachers!

Get access to reliable and affordable math help using Mathleaks' digital platform with textbook solutions, eCourses, exercises with answers, hints, and solutions written with a pedagogical approach, and many more.

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