

## **EFFECTIVE ACADEMIC SUPPORT AT HOME**

Research in the field of education confirms what we already know from common sense about a student's academic success. While there are other factors that need to be taken into account, such as the quality of instruction and curriculum, **the most essential and determining factor in a student's academic success is receiving effective academic support at home.**

Academy parents are strongly encouraged to become familiar with and to utilize the practices that encourage and support their student's academic success. These practices include:

### **Maintaining a Well-Ordered Family Life:**

- 1) Maintaining an orderly family routine that places a high priority on academic success and the highest priority on obeying the will of Almighty God.
- 2) Maintaining high standards for behavior, responsibility, obedience, and politeness at home.
- 3) Making sure that your child has a regular bedtime and gets sufficient rest.
- 4) Providing a healthy and balanced diet and drastically limiting fast food, junk food, processed food, candy, and soft drinks.
- 5) Providing regular chores for your child so that he or she can make a contribution to the family.

### **Promoting Effective Study Habits:**

- 6) Providing a quiet and well-lit study area that is free of distractions.
- 7) Ensuring that your child reads a grade-level book for enjoyment for at least 30 minutes every night and on weekends.
- 8) Helping your child learn to plan out his homework in a logical manner.
- 9) Checking your child's homework and grades frequently, especially for struggling students.
- 10) Helping your child learn how to study for quizzes and tests.
- 11) Reviewing math facts and any difficult subjects on light homework nights.

### **Ordering Extracurricular Activities:**

- 12) Making attendance at Holy Mass on Sundays and Holy Days of Obligation a family priority.
- 13) Making regular use of the sacrament of reconciliation and insisting that your child does the same.
- 14) Encouraging your child to establish friendships with positive, respectful, and academically motivated peers and providing opportunities to support positive socialization.
- 15) Limiting (or eliminating) extracurricular activities to what your child can reasonably handle and still get sufficient rest and achieve academic success.
- 16) Removing entertainment devices—such as televisions, DVD players, radios, CD players, and computers—from your student's bedroom and study area.
- 17) Insisting on proper adult supervision for parties, activities, and outings.

### **Maintaining a Christian Attitude:**

- 18) Maintaining and projecting a positive attitude toward legitimate authority and the many ways in which cheerful obedience contributes to cooperation, safety, and happiness.
- 19) Maintaining and projecting a positive attitude toward academic success and the many opportunities that it opens for people later in life.
- 20) Maintaining and projecting a positive attitude toward work, industriousness, integrity, and taking satisfaction in a job well done.
- 21) Maintaining and projecting a positive and sporting attitude in the face of setbacks, mistakes, and failures.
- 22) Choosing wholesome entertainment activities for adults and for children that are consistent with Christian morality and the culture of life.
- 23) Overlooking the faults of others, being sure to speak well of others, and insisting that your child does the same.
- 24) Taking personal responsibility for mistakes, shortcoming, and failures instead of blaming others and insisting that your child does the same.