



Applying Study Skills in the Real World

Did you know that students are more likely to absorb skills if they think that they'll be able to use them in their "real" life? Sure, students are used to hearing how important knowledge is, but students are often surprised by how applicable their study skills are. In fact, what we label "study skills" are really "life skills."

Organizing their space: If your child thinks that designing and maintaining an organized study area is just a school thing, think again. Those organizational skills apply to everything from organizing their bedroom now, to organizing their dorm room in college, their future apartments and homes, and their future work spaces.

Practicing time management: All those study schedules? They give your child the skills to effectively juggle their future home, work and social calendars. And those daily task lists that help your child keep track of their homework assignments? From family chore lists to vacation and camp "what to pack" lists, the task list is a handy go-to for daily life.

Listening and note-taking strategies: Your child may think that their days of listening to lectures are limited to their school years, but not so. Regardless of their career choice, it's pretty much guaranteed that at some point your child is going to have sit through a meeting or presentation. And beyond work, it's a crucial life skill to listen effectively, evaluate the information, and note what's important. For example, just try navigating a doctor's visit if you can't listen well, evaluate what's said, and note the important stuff.

Gaining financial literacy: Does your child tend to think of money management as something that adults do? Not so fast. The family budget affects your child's day-to-day life in everything from where they live to what they eat. Learning and practicing good financial skills will help your child understand the realities of managing a budget. Children can learn to budget and save for their own expenses, like things they want to buy or events they want to attend. And, they can learn to plan for future expenses, like college.

Understanding and evaluating media: These days, media is ubiquitous. Without the skills to process and evaluate the media messages bombarding them, it's really easy for children to be overwhelmed or misled. Point out to your child how much time they spend in front of a computer or TV each day, and they will realize that digital and media literacy skills are not limited to school.

Gaining digital literacy: Speaking of computers, digital technology is a reality of everyday life. Our kids are way more plugged in than we were at their ages. Long gone are the days when children just used computers for school. As a result, the more digital literacy skills our children have, the better they can thrive in our digital world.

Reading, writing and researching: Ever heard your children bemoan what a waste of time it is to have to identify the main idea or summarize something? You can point out to them the



real-life applications of these skills. Without reading comprehension skills, any kind of reading they do for fun or for work will be challenging at best. Strong writing skills will allow them to express themselves clearly in everything from personal emails and journal entries now, to office memos and business reports later on. And, those research skills are already paying dividends in their daily lives. They allow your child to research the benefits of those new sneakers or compare those movies that are opening this weekend.

You get the idea. All the study skills that your child is working so hard to acquire now are really life skills in the making. So getting a handle on those skills now actually gives them a jump on skills they need for their personal and professional lives.