

# How can Johnny study better?



## Tips for parents

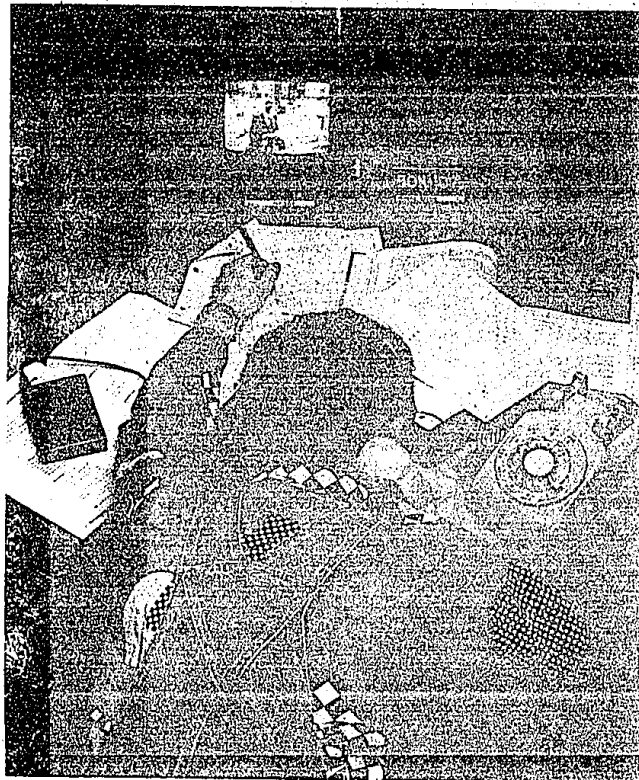
- Start young. Reinforce the idea that reading is pleasurable.
- Set routines at home. Make daily studying and homework a requirement, even at the expense of family social events.
- Both parents must be united in supporting their children's schoolwork and grades.
- Encourage extra-curricular activities, where good role models are found.
- Become involved in your child's school environment as much as possible.
- Watch educational programs on public television with and discuss.

## Study tips for kids

- Study in the same place.
- Study in 40 minute blocks — allowing 10 minutes for a break.
- Read all assignments twice, to help spark long term memory.
- Make flash cards of new words, with the word on one side and definition on the other.
- Answer chapter questions from textbooks in full sentences, particularly in history and science.
- Review class notes daily, even if no homework is given in a class.
- Write out test answers, unless it's an oral test. If teachers require essays, make up sample essay questions while studying, then answer them.
- Spend at least 30 minutes per class each night for homework. Prepare study time charts. If 20 minutes of study in a class nets a C or D grade on a test, increase the time allotment.

**'If 20 minutes in history gets you a B, fine. But if 20 minutes gets you a D, then you'd better double it.'**

— Janet Rosen  
learning specialist



JERRY ZOLYNSKY/staff photographer

# Folks must set priorities for their kids, shut off TV

By Tim Smith  
staff writer

OK students — turn off that television and hit the books. And parents, keep your eyes on them and make sure they do their homework.

That extra effort and attention should translate into better classroom performance, needed to improve American brainpower and help the United States compete with Japan and other countries, said Dr. Janet Rosen. Rosen is a Southfield resident and learning specialist at Detroit Country Day in Beverly Hills who recently wrote a "how-to" study guide for students.

Her message is clear: It's time for American schools to start producing smarter graduates, essential for the nation's re-emergence in world industry.

To do so, she recommends improving student studying skills and making learning the top priority in the home. Also, teachers and school administrators should keep a closer eye on student learning.

Curriculum administrators from the Farmington, Rochester and Birmingham school districts, however, said students learning skills are monitored and emphasized in their districts.

BETTER STUDY habits are needed for the United States to regain a "hard, competitive edge," according to Rosen, a critic of current studying/teaching tactics. Other countries are forging far ahead in the computer and high tech industries, she said.

Catching up in that arena depends on developing well-educated minds. "It starts in the home, and starts in kindergarten," Rosen said.

"Children have to be trained to be good learners and good thinkers from early on. We have to take an other look at how we're preparing our students. We can't be second best, we must be number one."

Research also links the nation's crime and substance abuse problems with poor education, she said. At least 23 million Americans are functional illiterates, unable to read or write beyond third or fourth-grade levels, she added.

"IT'S IMPORTANT that our kids are learning about logic, how to think, and not just learning to give the rote memory of text," said Rosen, who also directs Farmington's Learning Plus educational clinic.

"They must learn how to think and apply that to making decisions." Rosen said much of the responsibility to improve studying skills lies with parents.

They must place a higher value on learning from when their children are young, actively seek out how their schools function and make daily studying an absolute must for their students.

Rosen's contention that education isn't stressed enough in the home is disputed by Judith White, Farmington schools associate superintendent for curriculum. "I don't think education is valued less," said White. "But the home life for many children has been changing recently, with so many working families and single parents."

"The amount of time that parents can be assisting students with homework might be a problem."

WHITE ADMITTED that parental support is needed by schools. National studies have shown a link between more involved parents and higher levels of student achievement, she said.

"Parents should know what goals their children have for the year and understand the mission of their school," White added.

Of course, increased commitment to learning must also be made by students themselves, administrators and teachers, Rosen said.

School administrators should regularly visit classrooms to monitor how well teachers are performing, and screen study plans. Also, teachers should be more available to help struggling students.

But students need to help themselves, Rosen said they should reduce time watching television and instead devote at least 30 minutes daily to each class.

In fact, Rosen suggested students implement a chart which shows how much study time is allotted for each class, and what corresponding results are.

"IF 20 MINUTES in history gets you a B, fine, but if 20 minutes gets you a D, then you'd better double it."

Good intentions and planning, however, won't raise American IQs until television sets are clicked off and youngsters go to their books, Rosen said.

"Don't use TV as a baby sitter," Rosen warns parents. "It should be absolutely limited."

"I know of kids who watch TV from 3 to 6, eat dinner, and watch it again from 7 to 9," she explained. "So what you have is five hours of TV, with little communication or family interaction. The child becomes a non-thinking robot."

If youngsters insist on television, they should sit down and watch educational programs on public television channels with parents, then have discussions, Rosen said.

EDUCATORS FROM other local districts agreed with Rosen that good study skills are important.

"A very important responsibility of the school is to teach students how to study and how to learn," said Rochester schools John Telford, associate superintendent for instruction.

An elective course instructing students on study skills is being discussed by Rochester officials and may be implemented in grades 6-8 within two years, Telford said. However, that instruction is available now for students there.

"All teachers, grades K through 12, are expected to reinforce and instruct their students about the process of good study habits and skills," he noted.

Birmingham's study skills expert, Meadow Lake principal Robert Voss, said poor academic work by students is minimal there, because schools receive much support from parents.

IN BIRMINGHAM, "maybe 90-95 percent of our students are college bound, there is such a value on education here."

"We emphasize study skills all the way through. But we get tremendous support from the home. These are goal-oriented, organized people, and that transfers to their children," Voss said.

Whether educators and parents succeed in improving young American minds, as prescribed by Rosen, remains to be seen.

But Telford said he already sees progress — and the pendulum swinging back — from the late '60s and early '70s, a period he described as educationally "lax."

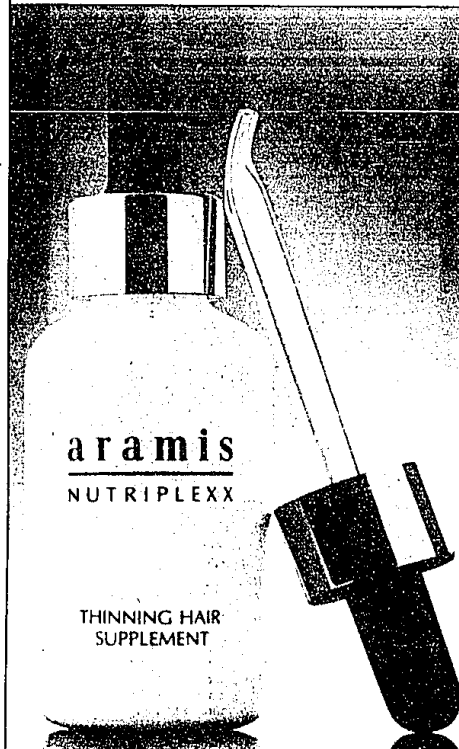
"Students again are beginning to see that there is no substitute for hard work," Telford explained. "I think the '60s was the decade where an awful lot of academic expectations went by the wayside — and as a society we're paying for that now."

WHITE DISAGREES with the view that educators and parents weren't tough enough on students of that era. "I don't think you should compare now with then," she said. "The demands of society and what we're expecting of kids are much more — they're expected to learn more, and learn it faster."

Solving this difficult, complex issue could be very simple. The key could be making young students "feel they have what it takes to succeed in today's pressurized world," said Rosen.

"Give kids a lot of love and security," Rosen advises parents. "Tell them they're good and wonderful without going overboard. It makes them more confident."

## Introducing Aramis Nutriplexx



A SURVIVAL

STRATEGY FOR

THINNING HAIR

Nutriplexx can help you keep hair thicker, healthier, longer for as long as possible.

**The Facts**  
• Penetrates to nurture and energize scalp and follicles from which hair grows.  
• No hormones.

• In laboratory findings, 65% of men tested reported their hair felt and looked thicker after 30 days.

• The sooner you start, the sooner you see benefits.

• The longer you use it, the longer benefits continue.

Important: Nutriplexx does not cure or prevent baldness, or restore lost hair. Nothing has been proven totally effective in doing so. But Nutriplexx is formulated to help thinning hair look thicker and fuller for an entire natural life span.

30 day supply, \$30.  
90 day supply, \$75.  
Men's Grooming Collection.

hudson's