



TIPS FOR PARENTS

1. ENSURE YOUR STUDENT HAS A DESIGNATED WORK/STUDY AREA!

- Help ensure the student has a good place to work.
 - A clean, organized space (ex: a kitchen table or a desk)
 - Encourage students to avoid doing schoolwork on their bed/couch. This is an easy way to avoid accidentally taking a nap or getting distracted!
 - No noise/distractions
 - No TV/music in the background
 - No running kitchen appliances/washer or dryer or anything that could be distracting
 - Some students, however, do well with “white noise”. Perhaps they could find a “white noise” playlist on Spotify/Apple Music/YouTube, etc. to play while they complete coursework
 - Good lighting
 - Sunlight
 - Table lamp/desk lamp

2. HELP WITH ORGANIZATION!

- Ask the student if they need help organizing their workspace, coursework, binder, etc.

3. HELP THEM PLAN, SUPPORT AND PRAISE!

- Students are encouraged to plan and schedule their work



- Help them plan what to complete/study first
- Encourage them to have a consistent schedule for completing coursework
- Encourage them to reach out to professors/TAs/their specialist or other sources of help when they need to do so
- Praise is key! Praise them when they complete a chunk of assigned work.
- Encourage breaks! This is key for help with focusing, attention span and reducing anxiety! Breaks can be (but are not limited to):
 - Having a rest/nap
 - Going to the bathroom
 - Play a game
 - Watch TV
 - Get something to eat (a snack, mealtime, etc.)
 - Chat with other people in the house/text their friends
 - Spend some time with their pet (if they have one)
 - Go outside for a walk if it's nice out outside

4. IT IS OKAY IF THEY FEEL STRESSED OR ANXIOUS!

- During this time of change and transition, students may find this challenging and hard
- They will need to develop and learn new skills surrounding “change”. These are skills that they can generalize in the future with other changes to come!
- **They are not alone!** Their specialist is available for help and support and can be contacted during certain hours. (The specialist will let the student know when and how they can be contacted)