

Davidson Discussion Episode 1:

Back-To-School Transitions

August 26, 2011



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Key Skills for smooth back-to-school transitions:

- ▶ Routine
- ▶ Organization
- ▶ Time management

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Routine

- ▶ Start with the basics
 - Adjust sleep, bathing, recreation & leisure schedules

- ▶ Become familiar with the school
 - Visit if possible

- ▶ Designate a workspace & time
 - Find a quiet place with few distractions

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Organization

- ▶ Organizational skills are life skills – its never too early!
 - Asynchrony may exacerbate the need
 - Increasing demands will require more developed skills

- ▶ The right tools for the job
 - Planners, calendars, folders should all be utilized
 - Teach the skills to use these tools properly and effectively or they are useless

- ▶ Separate control from guidance
 - Control is unidirectional and does not allow for student participation
 - Guidance is a collaborative partnership and adjustable based on student needs

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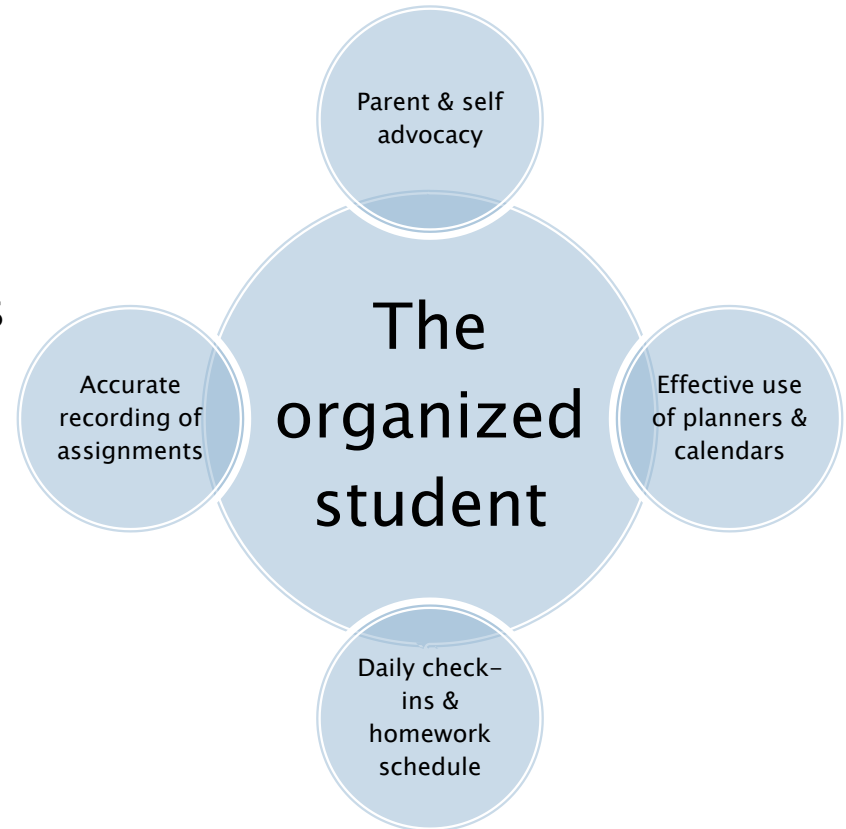
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There are many contributors to an organized student

Parents, teachers and the student
all share the responsibility

The key is to implement these routines
and good habits early in the transition
to a new school year



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Time Management

- ▶ Record assignments, events and appointments
 - Help your student find a planner that works for them and have them bring it to class everyday
 - Write down everything – including extracurricular activities

- ▶ Model good time management with a family calendar
 - Modeling is one of the most powerful behavior modification tools we can utilize

- ▶ Utilize the check-in to discuss
 - Talk regularly about upcoming assignments, projects, lessons, practice, tests, and family events so everyone can manage their time effectively and plan accordingly

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- ▶ For more information, helpful tips and next steps, check out the book *Smart but Scattered* by Dawson and Guare

