

Here are some strategies to help you both cope when the going gets tough.

1. Let your kids get frustrated. ...
2. Take a break. ...
3. Don't always try to have a rational conversation. ...
4. Let your child make his own mistakes. ...
5. Put a time limit on the work. ...
6. Contact the **school**. ...
7. Help your child learn how to organize himself.
8. Attending class regularly is essential! ...
9. Always be prepared for class. ...
10. Don't be afraid to ask questions! ...
11. **Practice time management!** ...
12. Monitor Your Child's Daily Work. ...
13. Communicate with Teachers on a Regular Basis. ...
14. Set a Homework **Schedule** for the Weekend. ...
15. Set and Enforce a Specific Bedtime for Your Kids. ...
16. Select a Beneficial After-**school** Program. ...
17. Encourage Your Kids to Explore Their Interests.
18. **Students** must be self-disciplined
19. Challenge yourself. Pursuing a goal that is achievable, but not necessarily easy, is a great way to increase motivation to **succeed**. ...
20. Stay curious. Look for things that grab your attention and that you would like to learn more about.
21. Take control. ...
22. Don't fear competition.
23. Challenge yourself.
24. Pursuing a goal that is achievable, but not necessarily easy, is a great way to increase motivation to **succeed**. ...
25. Stay curious.
26. Look for things that grab your attention and that you would like to learn more about.
27. Take control. ...
28. Don't fear competition.
29. Spaced Practice. Space out your studying over time. ...
30. Retrieval Practice. Practice bringing information to mind without the help of materials. ...
31. Elaboration. Explain and describe ideas with many details. ...
32. Write a to-do list and break down each task to make it much more manageable, making it less daunting and easier to start

33. Focus on creating a habit of studying
34. Drink water and get your body moving a bit
35. Have a structure, ie. a consistent daily schedule
36. Write down what you need to do, and ask yourself some questions to identify *why* you're procrastinating in the first place
37. Celebrate small wins, and avoid all-nighters
38. Set simple, achievable goals, and celebrate when you achieve them
39. Be accountable (see if you can get an accountability partner)
40. Try studying for only 2 minutes at first. Then once you've gone 2 minutes, you'll probably go longer
41. Put your phone away, and break down your tasks
42. Say out loud, in your head, "3-2-1 blast off" and then start
43. Take baby steps, reward yourself, and listen to music while studying
44. Make a competition out of your exam scores with your friends
45. Have a very regimented schedule like 1 hour studying / 10 min break / 1 hour studying / 10 min break / 1 hour studying / 15 min break
46. Just focus on starting
47. Play certain songs for certain concepts you're learning