



TOOLS FOR CREATING GOOD READING HABITS & TEST-TAKING PREPAREDNESS



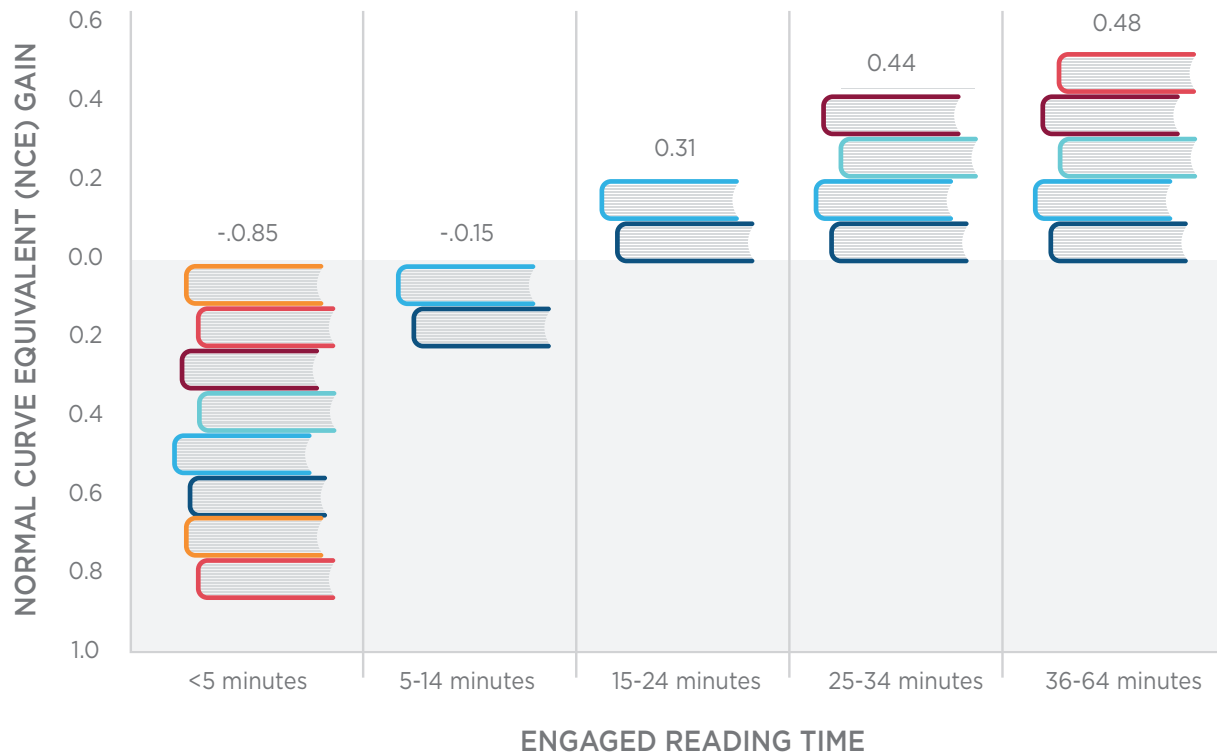
Reading struggles and test anxiety often go hand-in-hand and both can be debilitating to academic performance. The following guide will help support students who struggle with reading fluency or comprehension and prepare them for test days using effective study techniques.

WHY IT'S IMPORTANT TO READ!

15+ minutes of daily reading accelerates reading growth!*



Apps like Starfall are complementary ways to encourage reading.





HOW TO CREATE GOOD READING HABITS

The love of reading is one of the most valuable gifts we can offer one another. Reading with ease and delight adds quality to our lives that is undeniable and lasting. Good reading habits also yield superior academic results.

Here are a few tips to improve reading habits for academic success:

- ✓ Shorten reading sessions with easier material for struggling readers.
- ✓ Use a pointer or finger to guide the eye down the page.
- ✓ Provide a variety of reading material like comic books, magazines, nonfiction, etc...
- ✓ Build comprehension through active discussion of material every 30 minutes.
- ✓ Provide an engaging space to read complete with pillows, adequate light or sunshine, and quiet.

HELPFUL TIP!

Homemade or store-bought board games like Scrabble or Boggle and flashcards are an excellent way to encourage a slow or reluctant reader.

READING RED FLAGS



DID YOU KNOW?

Sight word mastery is critical to the development of reading skills. Students should master 100 sight words by the end of 1st grade.

Preschool / Kindergarten LEARNING TO READ	Elementary School READING COMPREHENSION	Middle School READING SKILLS & FLUENCY	High School READING EXPERTISE
<ul style="list-style-type: none"> ○ Unable to recognize sight words. ○ Can only sound out the first letter or syllable (and may make up a different ending to the word). ○ Resists reading with you. 	<ul style="list-style-type: none"> ○ Does not comprehend the meaning of a sentence. ○ Reads out loud laboriously, with lots of guessing and word substitution. ○ Becomes frustrated, distracted or simply unwilling to engage. 	<ul style="list-style-type: none"> ○ Unable to decode new words quickly. ○ Reads very slowly. ○ Attempts to sound out all words phonetically. ○ Unable to recognize words with non-phonetic spellings. ○ May stammer and use filler words like "um" a lot 	<ul style="list-style-type: none"> ○ Skips over small words when reading aloud ○ Reads lower than the expected grade level ○ Prefers multiple-choice tests over fill-in-the-blank or short answer



TEST TAKING PREPAREDNESS TIPS

Test anxiety can make academic life miserable for students who suffer from it, and low scores can ruin a child's grade for the entire year. These tips are essential for building effective study habits.

- ✓ Create a Study Plan
- ✓ Find the Right Study Method like Flashcards or Sample Tests
- ✓ Study in Short Blocks of Time with Frequent Breaks
- ✓ Use Deep Breathing Relaxation Techniques for Test Anxiety
- ✓ Eat a Brain-Healthy Breakfast Like Blueberries, Almonds, and Avocados



On average, parents saw a 42% improvement in their child's ability to learn in school after completing the Brain Balance Program.**

At Brain Balance, academics are a key component of our program. We target specific deficient academic skills and subject areas like reading in an effort to not only improve skills but, more importantly, stimulate growth and development in the part of the brain that controls those skills. In this way, we are not just compensating for a weakness, we are correcting the problem for lasting results.

**Results based on a parent evaluation form filled out pre and post-program where the parents ranked a set of statements about their child, on a scale from 0-10 (0=not observed/does not apply and 10=frequently observed). Statement: Child has difficulty learning in school - 42% improvement for avg. student (2015-2018, data for 4,069 students where parents reported this issue).



Name: _____



Good




















Neutral



Sad

READING & STUDY LOG

Date	Book/Class Title	Author/Teacher	Hours	Mood
				  
				  
				  
				  
				  
				  
				  
				  
				  
				  
				  
				  
				  
				  

Brain Balance Achievement Centers is the leading drug-free program helping kids move beyond challenges to achieve greater success. This personalized program is designed to improve focus, behavior, social skills, anxiety, and academic performance. The program takes an integrative approach to strengthening the brain and its connections through sensory engagement, physical development, academics, and nutrition. Over the past decade, this comprehensive and effective program has helped thousands of individuals nationwide to improve the critical skills needed to create a brighter path for their future.

Learn more about the research supporting our program and our results: www.BrainBalance.com