



Top Research- Based Strategies:

Help Your Child Do Schoolwork at Home



Micro Goals

This is a research-based strategy to support the completion or achievement of challenging tasks, big projects, long-term goals or extended activities.

Micro Goals improve consistent progress and increase motivation with the celebration of small wins.



Tools & Materials

[Setting & Achieving Micro Goals Goal Setting Worksheets](#)



Articles

[The Importance of Micro Goals](#)



Videos

[The Power of Small Wins- Harvard Review](#)



Research

[Growth Mindset and Academic Achievement](#)

Implementation Tips:

- Start with one goal using backwards design: Where should he or she end up at the end of a unit or concept? What are small steps that can be set as goals to get them to that point? Identify first step & start there.
- Once that step is completed, celebrate this small victory with your child & then work together to develop the next Micro-Goal.

Example: Maria has a book report due when she returns from Spring Break, but there are many parts of the report with a summary at the end. Maria starts the first goal today by identifying all the characters and drawing pictures of each one. Once that is complete she will get to play, and tonight she will complete the next goal, which is to write a short paragraph on the setting.

Best For Students Who

Are easily discouraged or overwhelmed; give up on tasks too readily; are often reliant on a facilitator for help throughout the learning process.

Skill Gaps

Attention & Focus
Grit
Task Initiation
Prioritization

Classifications

ADHD
Autism Spectrum Disorder
Specific Learning Disability
Anxiety Disorder

Antecedent Physical Activity

This is a research-based strategy to improve on-task behaviors.

Antecedent Physical Activity releases excess energy and promotes focus & increases the ability to stay on task.



Implementation Tips:

- Can be done in short chunks of time 5-10 min.
- Is especially effective before most unfavorable tasks for your particular child, like homework or reading time.
- Use Antecedent Physical Activity (PA) throughout the day to promote focus with your child.
- PA should be considered a role as a component of a larger behavior management plan.
- Requires minor parent facilitation

Example: John should do 2 hours of school work- that is a long time for him. 20 min before, have him do 2 min each of jumping jacks and running in place. Add music or dancing. Then have some water & begin work!

Tools & Materials



[Top 12 Education Fitness Breaks](#)
[Fitness Break Ideas](#)

Articles



[Benefits of Physical Activity in Education](#)

Videos



[Movement and Math](#)

Research



[Using Antecedent Physical Activity to Increase On-Task Behavior in Young Children](#)

Best For Students Who

Are struggling to maintain focus;
Have difficulty sitting still; Can not stay on task long enough to complete assignments.

Skill Gaps

Attention and Focus
Cognitive Flexibility

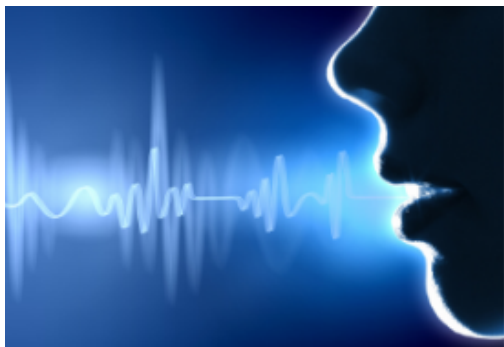
Classifications

ADHD
Specific Learning Disability

Voice Modulation

This is a research-based strategy to increase listening comprehension and direct focus.

Voice Modulation improves attention, focus and comprehension, along with the ability to modulate one's own volume.



Tools & Materials

[Vocal Exercises for Parents](#)

[Tips for Developing an Effective Teaching Voice](#)

[What is Voice Modulation](#)



Articles

[Why Speaking Softly Is An Effective Management Strategy](#)

[Tone of Voice for Parents](#)



Videos

[Voice & Tone is Vital](#)



Research

[Audio-Vocal System Regulation for Children](#)

Implementation Tips:

- Try whispering first, as this creates a more intimate interaction forces the child to focus in order to hear you.
- Whispering also prevents your voice from being just more background noise.
- For children with sensory issues, lowering the volume helps create a calm interaction.
- Slowing down your speech also gives more time to establish focus as they have to listen for the next word.
- Use calm tones, instead of neutral or controlling tones.
- Avoid negative directives, such as "You have to.." or "You should have.."
- Substitute with "I propose.." or "I think its a good idea to.."

Best For Students Who

Are easily stressed when constantly being addressed or "yelled at"; Are used to ignoring authoritative language; It is difficult to grab their attention; Struggle with listening comprehension; Have difficulty with their own voice modulation.

Skill Gaps

Attention & Focus
Listening Comprehension
Self-Management

Classifications

Autism Spectrum Disorder
Emotional Disorder

Reading Focus Tool

This is a research-based strategy to improve reading comprehension through text isolation.

Reading Focus Tools improves reading accuracy and fluency by limiting other text as a visual distraction.



Tools & Materials

[BeeLine Reader \(Tech Tool\)](#).

[Reading windows for Dyslexia \(\\$\)](#).

[Speed: Speed Read the Web \(Chrome App\)](#).



Articles

[Dyslexia in the Classroom: What Every Teacher Needs to Know](#)



Videos

[Index Card Tool For Reading Focus](#)



Research

[Teaching Reading Comprehension to Students with Learning Difficulties](#)

Implementation Tips:

- You can make your own Reading Focus Tool by cutting out a section of a notecard and taping colored cellophane wrap on the back.
- You may also try giving your child a plain notecard first. This simple tool allows them to cover up everything below the line they are reading.
- This strategy should be used always be used with a large or dense amount of text.

Best For Students Who

Are distracted or overwhelmed with a large chunk of text; Need assignments broken into smaller pieces.

Skill Gaps

Attention and Focus
Engagement,
Fluency
Stamina

Classifications

Dyslexia
Speech-Language-
Impairment
Specific Learning Disability

Audio Books

This is a research-based strategy to improve reading comprehension & fluency.

Audio Books help improve phonological awareness, fluency and reading comprehension, thus improving reading literacy engagement.



Tools & Materials

[Learning Ally](#)
[OverDrive Education](#)
[Audio Books App \(Free\)](#)
[Learn Out Loud \(Free\)](#)
[Bookshare \(Free, Paid\)](#)



Articles

[The Benefits of Ear-Reading \(Edutopia\)](#)



Videos

[Audiobooks for Kids With Dyslexia - A Mother and Son's Experience \(Learning Ally\)](#)



Research

[The effects of audiobooks on the psychosocial adjustment of pre-adolescents and adolescents with dyslexia.](#)
[Use of Audiobooks in a School Library and Positive Effects of Struggling Readers' Participation in a Library-Sponsored Audiobook Club](#)

Implementation Tips:

- Make sure headphones are available for quiet reading times in class.
- If an audio version does not exist, try to locate an eBook (digitized text). Then you can activate a screen reader or listen using Kindle.
- This strategy is sometimes referred to as Ear Reading.

Best For Students Who

Are below grade-level readers, do not show evidence of comprehension, often get lost when reading independently.

Skill Gaps

Fluency
Reading Comprehension

Classifications

Dyslexia
ADHD
Specific Learning Disability

Dear Confused Letters

This is a research-based strategy to help students use metacognition to understand key processes behind core mathematical concepts

Dear Confused Letters improve student's ability to recognize their own misconceptions and better identify processes behind mathematical concepts.



Tools & Materials

[Interactive Dear Confused Letter Rubric](#)



Articles

[Benefits of Writing to Learn in Math](#)



Videos

[Writing to Learn in the Classroom](#)



Research

[Supplemental Math Interventions](#)

Implementation Tips:

- Students should explain the math concept being taught to a "confused" student.
- A Dear Confused Letter may be used as a formative or summative assessment.
- A Dear Confused Letter may take the place of a traditional math test.
- After completing their letter, students should exchange with a peer and the peer should assess how clear the math concept is.

Best For Students Who

Rarely explain their work; Are reluctant to participate in class; May not fully understand the process behind mathematical concepts.

Skill Gaps

Fluency
Reading Comprehension

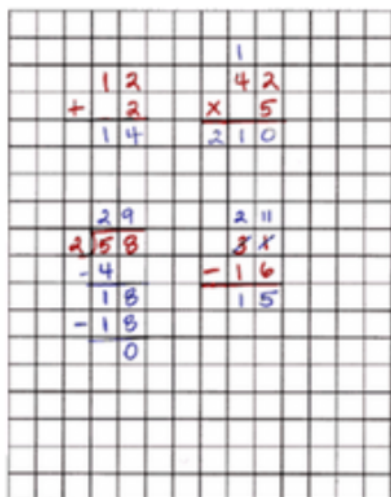
Classifications

Dyslexia
ADHD
Specific Learning Disability

Grid Paper

This is a research-based strategy used to decrease place value mistakes.

Grid Paper improve student's ability to keep numbers in line and correctly answer arithmetic problems.



Implementation Tips:

- Print out Grid Paper for students before they start problem solving. These grids will keep numbers in the correct column when adding and subtracting.
- If you don't have Grid Paper, you can turn a piece of Wide-Ruled Lined Paper so the lines run vertically.
- Make sure the grid squares are big enough for your student to be able to comfortably write a single digit.
- Write the problem in colored ink, or have the student write the problem in colored ink, so that it would be easier to distinguish their work and the problem itself.
- Ask student to write the questions separately on Grid Paper with their place values labeled (as shown in the worksheet).
- Build in a few extra minutes for students to copy down the problem on the Grid Paper.
- Help students label the hundreds, tens, and ones columns.



Tools & Materials

[Vertically Lined Paper Printable \(FREE\)](#)
[Grid Paper Printable \(FREE\)](#)



Articles

[Graph Paper is Beneficial to All Math Students](#)
[Support Your Child's Math Learning with Graph Paper](#)



Videos

[How Graph Paper Can Help Your Dyslexic Child](#)



Research

[Accommodating Math Students with Learning Disabilities](#)

Best For Students Who

Have poor hand dexterity; Have difficulty with handwriting; Are likely to mix up their numbers because of poor notation.

Skill Gaps

Arithmetic,
Motor Control

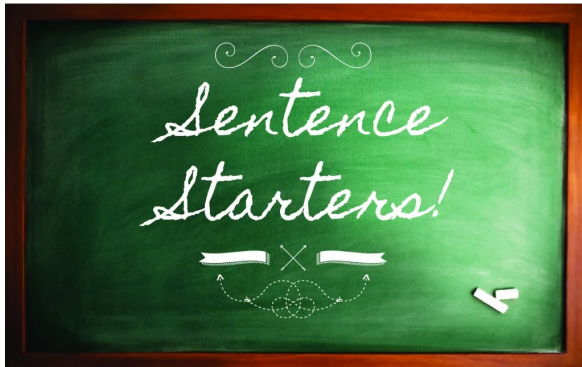
Classifications

Dyscalculia, Dyslexia,
Specific- Learning Disability

Sentence Starters

This is a research-based strategy used to improve student's ability to 'get started' and answer questions in a complete sentence format.

Sentence Starters improve student's ability to respond more quickly and accurately to questions by crafting their own answers.



Tools & Materials

[Sentence Starters Printable](#)

[Grade 7-12 Printable](#)



Articles

[5 Easy Accommodations for Special Ed or Struggling Learners](#)

[Meeting Students' Needs Through Scaffolding](#)

[Sentence Starters and Sentence Frames](#)



Videos

[Sentence Stems \(The Teacher Toolkit\)](#)

Implementation Tips:

- Sentence Starters can be printed out on a customized response sheet.
- Provide verbal Sentence Starters when asking a student a question during a discussion.
- Directly teach students how the words in a Sentence Starter map to the question being asked.
- Slowly take away Sentence Starters once students can craft their own.

Best For Students Who

Don't know "how to answer the question";
Don't know "how to begin writing"; Struggle to independently write complete sentences.

Skill Gaps

Task Initiation
Writing Structure
Engagement
Fluency

Classifications

Specific Learning Disability
ADHD
Autism Spectrum Disorder