

Estimating Time

■ onTRAC® Planning

Estimate—how long will this take?

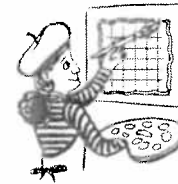
An essential part of time management is the ability to accurately estimate how much time is needed for the various tasks and activities in our lives. This is especially true for students. If they are unable to accurately estimate and schedule time for different activities, they may give up on the whole idea of time management and planning.

Making an estimate

To help your child more accurately estimate how long things take and how much time he or she spends on different tasks, ask your child to estimate how he or she spends his or her time each day or each week. Have him or her write the estimates down. Next, help your child record how his or her time is actually used. Compare the estimates with the calculated time. What can you and your child learn from the results? Did some activities take up a lot more time than your child thought? Did some activities take up less time? Ask your child if there are adjustments he or she might want to make in the future.

Assign the time

Once your child can more accurately estimate how much time certain activities will take, he or she will be able to more realistically assign time to his or her homework and other tasks. However, your child will still need your guidance. Check over the schedules your child makes in his or her planner. When your child wants to schedule too little time for his or her homework, remind him or her of times in the past when he or she struggled to finish a project due to lack of time. Point out the benefits of finishing with extra time instead of stressing out to finish things when there isn't enough time to get things done properly.



Use highlighters to code entries in your planner. Your week will be a work of art!

Many factors contribute to a child's growth and success. Below are tips and ideas for practicing skills that promote your child's academic, social, and emotional well-being outside the classroom.

■ Character

Your child is building relationships, which have the potential to last a lifetime. Talk with your child about the importance of developing relationships with people he or she can count on. Support the development of building deep, meaningful relationships by discussing the qualities of a true friend, and brainstorming ways to be a good friend to others.

■ Health

Identify ways to build positive relationships with others. Help your child create a list of the important parts of a support system and identify people who they can ask for support. Remind your child that everyone needs a support system; lend a helping hand to others as well.

■ Anti-bullying

A clique is a group of friends that excludes other people. Members of cliques may bully kids outside of the clique in order to gain attention or popularity. Remind your child to: be open to being friends with everyone, look for kids who need a friend, and include kids outside of his or her usual group in conversations and plans.

■ STEM

Learning about recent developments in energy research, including how scientists use nature to solve problems, will help students have a better understanding of renewable energy used today. With your child, enter the words "new forms of energy" into your Internet search engine. Find articles on solar power, wind farms, and the use of algae as a biofuel. Have your child research other types of power that are free and renewable.

■ Study Skills

Reading opens up a new world of adventures, possibilities, and ideas. But to unlock the meaning in a text or novel, your child first must be able to find and understand the main idea. When your child is reading, ask him or her to explain the main idea to you in a few sentences, and then list some supporting details.

■ Learning Strategies

Students need to be exposed to a variety of note-taking methods so they can develop a style that works best for them. Help encourage your child to learn how to process and capture key ideas using drawing, writing, and recording. By developing note-taking skills, students set themselves up to succeed academically and in their everyday lives.