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Supporting Your Student

- How can I support my student and their academics?
- How do you think your student is handling high school?
- Academic Log: Do once a week
 - If your student has less than a 3.00 GPA (B-average), do it daily. Helps keep them accountable to their studies
- Support regular study habits
 - Structured study schedule, develop homework habits
 - Find a quiet space to work (kitchen table, dining room, bedroom desk, etc..)
 - Check in with your student (every day), ask how their work is going, make sure they are completing their homework on time
 - Check their grades through Power School (weekly)
 - Modeling behavior
 - Positive feedback, celebrate good grades and improvement
 - Internet access tutor.com and [Khan Academy](http://KhanAcademy.com)

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Other Ways to Support

- Be proactive with their schools, develop a means of communication with teachers, guidance counselors, etc.
 - If you do not understand something, contact the guidance counselor, asks questions, do not wait
 - Meet teachers
 - Make this a positive contact
 - Advocate for your student
 - Make sure you are reading the weekly emails from Valley Scholars
 - RSVP ahead of time for our events (Be proactive!)
- Support your student's self-care. Make sure they are healthy mentally & physically
 - Eating healthy meals regularly
 - Getting enough sleep each night (9-9.5 hours if they can)

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Support Cont.

- Recognize signs of anxiety & depression. Reach out to their guidance counselor if you have concerns
 - Signs of anxiety or depression:
 - excessive worrying
 - sleep problems
 - pain complaints
 - stomach aches
 - headaches
 - general changes in behavior
 - sleeping more or less than usual
 - change in eating habits
 - change in activity-level

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What can my student do to be successful in school?

- Doing homework & studying (daily/consistently)
- Checking their grades
- Taking advantage of do-overs/test corrections
- Going to their teachers or guidance counselors for help
- Proactively asking for support, help, clarification, before they get behind/confused.
- Taking advantage of studying during free periods, rather than talking with their friends the whole time
- Making sure they are not behind on their coursework
- If they are going to miss school, asking for assignments in advance and how they can get the notes to the classes they miss
- Balancing extra-curricular activities
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Enrollment

- Make sure your student signs up for the PSAT (Sophomore year), then the SAT (Junior and Senior year)
 - If they do not like their SAT score, they can retake the test
- Take advantage of honors, AP, and dual enrollment courses
 - Why?
- Talk to your school's guidance counselor/look at their website for a listing
- Think about attending governor's school in the future

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Academics

- If your student receives below a “C” as a final grade in a class, we require them to retake the class
- Academic coaching is available at Stonewall Jackson High, Robert E. Lee High, and Waynesboro High
 - Students at these schools should meet with their academic coach 1-2 times a week
- Next year, we hope to expand to all school districts for coaching
- Remember to reach out for support!

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Community Resources

- CDA
- Community Services Board
- Libraries
- Free Wi-fi locations (cell phone)

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