

**Help your rising
6th grader establish
good study habits.**

**The results will be
out of this world!**



For our 5th grade mentees, establishing effective study habits for middle school now can feel like a mission to Mars. It takes focus, practice and a strong desire to make a change. Scientists agree that the average person needs three weeks to form a good habit and make it part of one's everyday routine. Being a satellite for your mentee, guiding and encouraging her/him, can make forming good habits achievable.

This month, let's take the mystery out of how to make good grades and introduce to our mentees steps they can take to establish first-rate study habits, making them successful tomorrow and beyond.

Houston, We Have a Problem

As you navigate the steps of establishing effective study habits with your mentee, please consider that your mentee's life may be chaotic and unpredictable. He/she may not have a space at home to study, nor have the organizational skills expected of a 5th grader. To keep your mentee from being "lost in space," help in planning the best way to study for him/her. Consider using the tools below.

Study Space

My Study Plan

When Do You Study?