THE CATHOLIC ACADEMY OF STAMFORD

Study Strategies

Just before the holidays, you may be wondering how to support your child at home with a healthy study routine and strong academic habits. I've found some study tips that support elementary and middle school students and can be reinforced at home. These tips work whether children work independently or as a family.

1. Spaced repetition

Spaced repetition matters because it lets students review and recall a topic in small chunks. Spaced repetition works well when students know they have an exam in about a week or two. "This method requires you to space out studying by reviewing and recalling information at optimal intervals until the material has been memorized" (Tamm, S). For example, you may begin studying two weeks before an exam and study for about 15 minutes each day until you can recall the material effectively.

2. Active Recall

Active recall matters because it helps children recall information rather than just read or reread. Active recall prompts the brain to make the connection again and think of an example.

“Through flashcards, self-generated questions, and practice tests, this study method uses self-testing to help your brain memorize, retain, and retrieve information more efficiently” (Tamm, S).

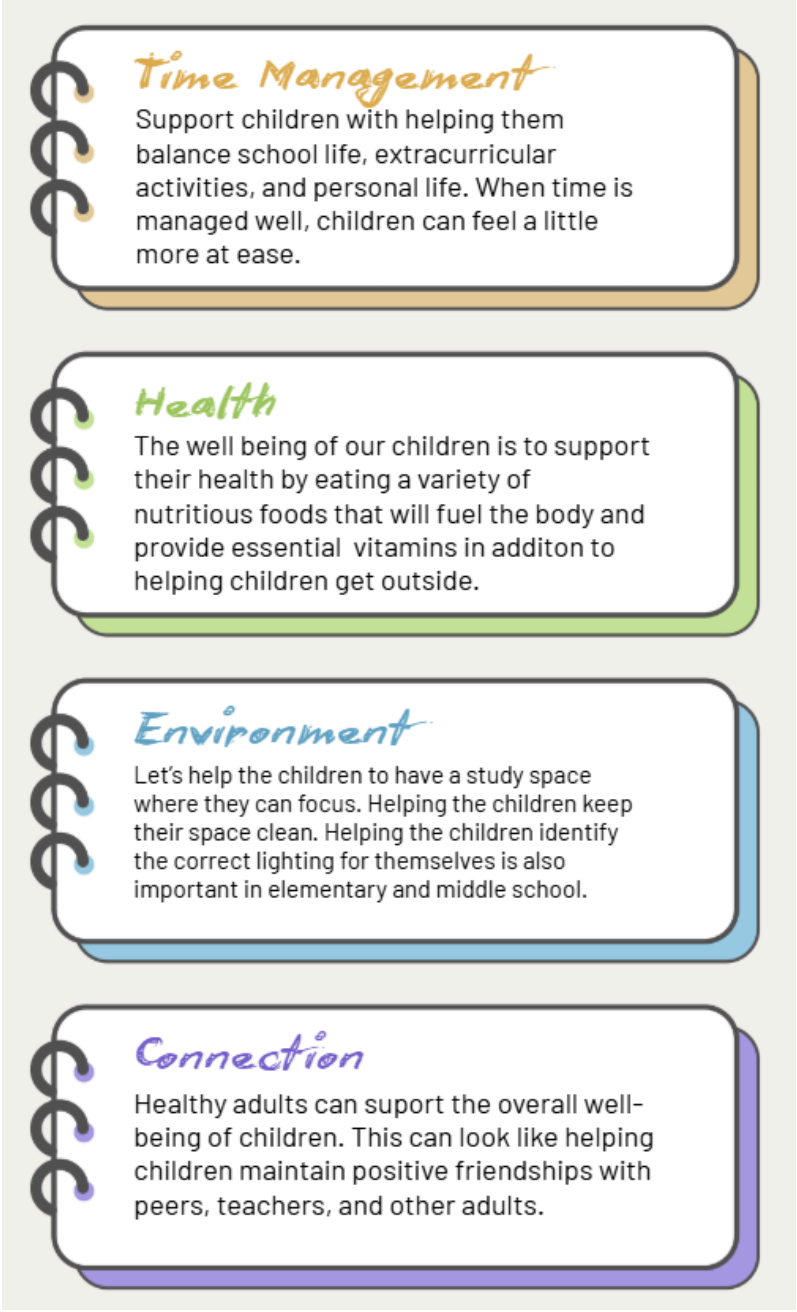
3. Time management: the Pomodoro Technique

Managing time is a task we all struggle with. Children and adults. “The Pomodoro Technique splits your study time into focused blocks, traditionally 25 minutes, separated by short breaks, with a longer break after four study blocks” (Tamm, S). Breaks boost learning and improve children's focus. Taking study breaks with a healthy, nutritious snack in between is highly recommended.

4. Note-taking

Note-taking can begin as early as elementary school. Note-taking is important in middle school and especially important in high school and college. Note-taking helps students prepare for future lecture halls. Note-taking supports verbal speech and helps the brain develop additional study strategies like recall, time management, and repetition, which support educational success and a well-rounded approach. Good note-taking can look like writing down key events, writing down questions, taking notes when the teacher writes on the board, and diving deeper into vocabulary with examples to support working memory. Reviewing notes aloud can also be a helpful study method for auditory learners. Note-taking at home can also look like writing a to-do list, grocery list, or students filling in their own calendar.

These practices can support children when preparing for midterms, major assignments and projects, and when working in groups with classmates.



Reference:

Tamm, S. (2026, October 11).The 7 best study methods & techniques for students (2026). The 7 Best Study Methods & Techniques for Students.

https://e-student.org/best-study-methods/

Thank you, Mrs. Grijalva