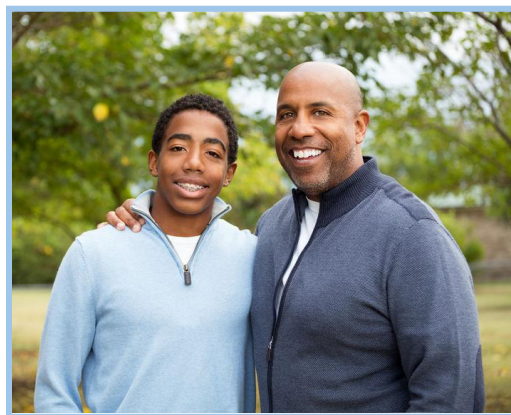




Help Your Teen Succeed in School: Support Executive Function Skills

Active Study Strategies

- Break down information into manageable tasks to avoid being overwhelmed
- Find a study buddy
- Mnemonic Devices – Acronyms, Rhymes
- Visual Cues – Pictures on flashcards
- Color-coded study schedules for exams, backward planning
- Well rested and hydrated



The Pomodoro Method



**Set a timer
and work
continuously
for 25 mins**



**Select a
single task
to focus on**



**Repeat for
4 rounds**



**Take a
productive
5 min break**



**Take a longer
break for 30
mins and
repeat**

