



## Study Tips

### **Definition:**

A guide for knowing what to be aware of when asking your child with an Autism Spectrum Disorder (ASD) to study.

### **Rationale:**

A large body of research has been devoted to teaching the best method for studying for neurotypical children. Children with ASD will largely benefit from direct teaching of studying strategies.

### **Advise your child to...**

- Identify and have a definite time to study and stick to it
- Divide study time into segments of no more than 30 minutes, and allow for a 5 or 10-minute break in between sets.
- Set aside only 1 place to study and consistently do it at the location.
- Set a stop time for homework. This signals a very distinct end and creates a rewarding goal.
- Keep study segments the same each day. If your child can work for 1 and a half hours a day, keep it at that.
- Set a goal for each day for example complete 10 math problems or read a chapter.
- Logistics. Make sure that your child has all the necessary materials, the right assignment and a plan for getting it in on time.
- Use a visual reminder, or token system to encourage and reward completion of work.

### **References**

Cumine, Val et al. (2003). *Asperger Syndrome – A practical guide for teachers*. London, England: David Fulton Publishers.

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Stewart, Kathryn Ph.D.(2002). *Helping a child with nonverbal learning disorder or Asperger's Syndrome*. Oakland, CA: Raincoast Books.