

Hello fabulous MRHS Science Students!

I know how incredibly busy you all are because I hear all the time “I don’t have time to come in for help” or “I don’t get anything out of coming in for extra help” and so I wanted to post a few tips to maximize what you can do before attending extra help sessions so that you get the most out of your time studying! The goal is that you will get good at preparing for extra help so that when you come in, its fast, easy, meaningful and really does help you grasp challenging concepts.

Some tips for making “extra help time” (tutoring time) the best it can be:

- 1) Read all materials carefully **BEFORE** coming in for help. Otherwise you can’t have a meaningful conversation over things you have not looked at.
- 2) When reading over items (labs, articles, lecture notes, hand outs, etc.) use active learning strategies so you can identify areas of concerns that you can then focus on at the extra help session. For example;
 - a. Rewrite your notes or activity’s purpose
 - b. Highlight areas in your notes or activities you don’t feel strongly about
 - c. Read the information to someone else, sometimes hearing things out loud reveal areas of weakness in content
- 3) As you do the items above, and you find an area you don’t “get”, or are unclear on, **physically write** those questions down to bring with you. If you don’t, there is a high likelihood that you’ll forget your areas of concerns by the time you come in! By doing this step, you have a point to start a conversation with your teacher about your needs!
- 4) Be specific as possible in the questions you develop. Example, if you come in and say “I don’t get it”, we spend most of your time trying to figure out what “it” is. Better questions would be “can I get another example of _____?” OR “If I say this _____ would that be right?” OR “I think this means _____ is that correct?” OR even, “I don’t understand this concept _____?”
- 5) We can’t obviously re-teach an entire lesson or concept in an extra help session. This means you need to be working with us AS we are presenting information (asking questions, etc.) and again reading all materials given to you BEFORE you come to get help.

As you can see, getting extra help is in itself a process that is working towards getting you the necessary skills to be successful throughout your career at Mountain Ridge and well beyond its walls! By learning how to prepare for extra help sessions, you are also learning the material, getting organized and maximizing your skill set that will work together with what happens in the classroom to allow you to shine! Yes, it takes work and practice so **don’t give up!** All important skills do take time and practice!

Mr. Stein