

Letter to Parent

Dear Parent or Caregiver,

Today I participated in my S.O.S.TM Student Organizational Skills class. I learned that good homework habits help me do my best work in the least amount of time.

I also learned that:

1. _____ food can slow down the brain's ability to process information.
2. A middle school student should be able to study _____ minutes before taking a _____ minute break.
3. Listening to _____ while I do homework will distract me from learning.
4. Regarding good homework habits, _____ is key.
5. To do my homework quickly and efficiently, it's best to do it _____ in the day.

As part of my normal homework routine it is important for me to include 5–10 minutes of studying or review of each subject, each night.

I am working hard to improve my work habits, time management and organizational skills. For homework this week I will read pages 134 to 137 of the *The Middle School Student's Guide to Ruling the World!* I will complete the exercise on page 138. I will also make a surveillance of my homework habits to detect and correct the habits that are unproductive. My goal is to do my *best* work in the *least* amount of time!

Thank you for all you do for me every day!

Sincerely,
