

# Families' and Children's Adjustment Study



## *Remembering What you Study* by Priscilla Chan, M.A.

The changing weather and arrival of fall means that school is in full swing! As you begin to settle into your new routines and school schedule, we wanted to give you all some tips on study strategies and improving your memory so you can do well on your next exam.

Studying can be difficult so we hope that these tips can help you out. These are strategies that have been researched within the cognitive psychology field that enhance recall, improve memory, and increase the retention of information learned.

- **Sleep is important for making your memories stick in long term storage.** Although it may be tempting to stay up all night before an exam to study, this is not the best way to remember the material. Research has shown that time spent sleeping plays a role in improving memory, so make sure to get a good night's rest before your exam!
- **Focusing your attention while studying.** Attention is another important part of memory. Make sure there are no distractions while you are studying, such as the television, music, your cell phone, or even your computer. You need to be actively focused on studying in order for your information to move into long-term memory!
- **Changing the order of your studying.** It can be easy to want to study material in the same way every

time. However, research has shown that when people do this, they may remember the first or last pieces of information, but tend to lose the information that was studied in the middle. Start in a different place in your notes/material every time you study.

- **Relate new information to what you already know.** Another important step to studying and memory is combining newly learned material with what you already know about the subject. Making the connection between new ideas and existing knowledge makes it easier to recall information during an exam.

While these are basic study tips to use, everyone is different. Some of these strategies may work well for you and others may not.

In addition, other strategies not listed here could help you as well. Talk with your parents and friends to figure out what works best for you. We at the Family Development and Treatment Lab wish you all the best of luck for the school year and hope these tips can help.

Happy Studying!



### Stay in touch with us!

◇ If there have been any changes in your own contact information, please let us know as soon as possible at the email address listed below - Thank you!

Phone: 617-358-4584 Email: [families@bu.edu](mailto:families@bu.edu)

Website: [www.bu.edu/families](http://www.bu.edu/families)

# Are you an overwhelmed (and forgetful)

Mom, did you wash my soccer uniform?

Um... no?



School has started and it's a busy, as well as stressful, season for both parents and children. Often parents are overwhelmed with chores around the house, work, and the needs and demands of their children. These situations could easily make parents feel like they are being rushed and disorganized instead of being able to enjoy their

day. Here is a way to help parents organize their week without feeling like they forgot to do something. Maybe your child can join in too!

- ◇ **Get a weekly dry-erase board.** Often it helps to make a visual aid to see what are the "things-to-do"

for the week. Maybe you can sit down with your family Sunday night and write down the daily tasks and chores for the upcoming week for each member of the family.

- ◇ **Color-code** each member of the family. If you just write down all the "to-do's" of everyone in the family in one color, this visual aid may just make you feel even more overwhelmed and disorganized.

- ◇ If color-coding is too much extra work for you, then you can **just divide up the board** like this example here.

| The Fish Family Schedule |        |         |           |          |        |          |
|--------------------------|--------|---------|-----------|----------|--------|----------|
| Sunday                   | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| John                     |        |         |           |          |        |          |
| Lisa                     |        |         |           |          |        |          |
| Malik                    |        |         |           |          |        |          |

## Let's get ready for Halloween!

This easy project makes a great door decoration for Halloween. Very simple to make and the materials you need can be easily found in your house!

### Materials:

- ◇ 9" paper plate
- ◇ Black marker/crayon
- ◇ White construction paper
- ◇ Glue and tape
- ◇ Scissor
- ◇ White crepe paper streamers or toilet paper
- ◇ 12" piece of white yarn



### Instructions:

1. On the paper plate, draw a facial expression with a black marker like the picture on the left.
2. Cut out 2 arms for the ghost and glue them onto the paper plate.
3. Cut several pieces of streamers or toilet paper (to any length you want) and glue them on the bottom of the plate.
4. Attach the string on top for hanging and you are done!

Craft idea provided by [kaboose.com](http://kaboose.com)

Check out their website for more holiday gift or activity ideas!

## Health & Well-Being for Parents

As school and other activities start, we tend to lose time for leisure activities and exercising. It may be a good idea to take some time off during the week or at the end of the week to take a break and also be active outside.

Try to take off an hour or two during your week and do something that you enjoy, such as reading outside or taking a walk in a park. Here are some ideas for those who could use some ideas to start off:

- ⇒ If you have a backyard, you can have a small picnic on your own. Sit on a bench or on your lawn and read a book or listen to music (or just lie down and take a nap).

- ⇒ Start a small garden. It could be in your yard or you can just plant some pots with flowers, herbs, or vegetables. Gardening can help you relax. It can also provide some organic food for the family.

- ⇒ Take a relaxing bath. If you feel that your body is tense and tired from a hectic day/week, a bath may help you to relax. You can add some aroma or bubbles too. Let your inner child out and enjoy a bubble bath! Who says only children can have a bubble bath?

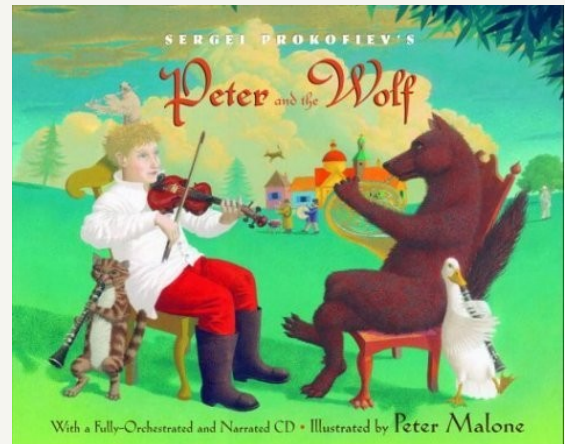


## Fall's here, ready for some apples and fun?

Summer is a great season to be outside but fall is also an amazing time to enjoy the weather! There are many places in and around the Boston area that are hosting fun fall events that families can enjoy together.

- ◇ **Marino Lookout Farm** - An apple farm in South Natick, they have fun things to do such as a petting zoo, a burlap maze, a caterpillar ride, a hay pyramid, train rides, entertainment, face painting, a moon bounce, and pony & camel rides (and a new hayride)! Weekend admission is \$14 for adults and \$12 for children over 2. Mon-Fri admission is \$8/person. Visit the website for more details. ([www.lookoutfarm.com](http://www.lookoutfarm.com))

- ◇ **Ringling Bros and Barnum & Bailey's Zing Zang Boom** -  
October 13 — October 17, 2010  
Looking for a fun and exciting family outing in Boston? Well, the nation's famous circus is going to be in town! Location: TD Garden, 100 Legends Way. Time: weekdays at 7 p.m.; weekends at 10:30 a.m. and 2:30 p.m. Cost: \$17.50 - \$141.50. Information: 617-624-1805 or visit [www.tdgarden.com](http://www.tdgarden.com).



- ◇ **Boston Symphony Orchestra Family Concert-**  
Nov. 13, 2010

BSO is hosting a Family Concert with the Boston Youth Symphony, made up of 120 students 12-18 years old. They will be performing Prokofiev's ever-popular *Peter and the Wolf*. It's \$20 for adults and kids under 18 are free! To get free kids tickets, please place your order by phone, by calling Symphony Charge (888-266-1200) or visit the website for more details ([www.bso.org](http://www.bso.org)).

## COOK'S CORNER:

### Cranberry Oats with Chocolate [recipe provided by [allrecipes.com](http://allrecipes.com)]

This yummy-licious recipe is a great way to quench your yearning for a fall snack! While making some healthy snacks, you can spend some enjoyable time with your child. The recipe makes 2 dozen.

#### Ingredients:

- ◇ 1 1/2 cup sweetened dried cranberries
- ◇ 2/3 cup butter, softened
- ◇ 1 cup orange juice
- ◇ 2/3 cup brown sugar
- ◇ 2 eggs
- ◇ 1 1/2 cup rolled oats
- ◇ 1 1/2 cup all-purpose flour
- ◇ 1/2 teaspoon baking soda
- ◇ 1/2 teaspoon baking powder
- ◇ 1/2 teaspoon salt
- ◇ 1 cup chopped white chocolate



#### Directions:

1. In a small bowl, soak dried cranberries in orange juice to soften, about 30 minutes. Pre-heat the oven to 325 degrees F (165 degrees C).
2. In a large bowl, cream together the butter and brown sugar until smooth. Beat in the egg. Combine the oats, flour, baking soda, baking powder and salt; stir into the creamed mixture. Drain cranberries and stir into the dough along with white chocolate making sure not to over-mix and make tough cookies. Drop by rounded spoonfuls onto ungreased cookie sheets.
3. Bake for 10 to 12 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

These would make a great gift and could also be a tasty and filling snack after school!

# Therapy Study for Children with Depression

## at Boston University

### *Do you know a child who...*

- Appears sad or down?
- Has lost pleasure in fun activities?
- Feels hopeless?
- Is more irritable than usual?
- Complains of aches and pains?
- Has withdrawn from friends or family?

### The **S.O.S.** Study

#### *Systems of Support*

- Free sessions with a therapist for children ages 8-12 with depression
- Payments for participation
- Located in Kenmore Square

If you know a child who may be eligible to participate, please do not hesitate to call or email us:

**617-358-4584    families@bu.edu**

**[www.bu.edu/families](http://www.bu.edu/families)**

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