



# HOW TO HELP YOUR TEEN STUDY

## Ask the teacher for assistance.

Ask for study guides or if alternative learning methods and materials are available, such as videos or apps. Your teen may find audio and visual tools easier to process than text.

01

## Break the field of study down into smaller segments.

Breaking studies down into smaller pieces helps to avoid processing overwhelm, which is especially common in autistic individuals.

02

## Encourage Breaks

Help your teen honor their own body and mind cues. As the parent guide, you can model this. When studying begins to feel overwhelming, set a timer and step away.

03

## Encourage self-regulating tactics while studying.

Provide your support but remind your teen to utilize the tools that they have developed to cope with studying and self-regulating.

04

## Set a routine

Have your teen set their own study schedule and develop a routine. This ensures studies are kept up with and are not put off until the last minute.

05