

St. Joseph School Study Skills Summer Camp

Get ready for a great school year at study skills camp!

The camp is designed for St. Joseph School incoming 5th, 6th, 7th, and 8th grade students. It will help students get prepared for the new school year by learning about: individual learning styles, test taking skills, note taking, organization, time management, stress reduction, memorization tricks, prioritization, reading and writing strategies. The camp focuses on strengthening student's executive function skills.



What are executive function skills and why are they so important?

These are the mental skills you use every day to function and get things done. It's like the CEO of your brain because it's in charge of gathering information, planning tasks and completing it all. We constantly use executive function skills to set goals, prioritize tasks, remember information, as well as manage our time and materials.

Research suggests that executive function skills are more of a predictor of school success than IQ scores. If your child forgets homework and materials at school, loses papers and forgets to turn them in, misplaces his/her personal belongings, doesn't follow directions, can't determine what's important, has a hard time starting tasks, then he/she may need some help improving his/her executive function skills.

Beth Peterson, who has been a classroom teacher for over 15 years, facilitates the study skills camp. She coaches elementary to high school-aged students helping them use their strengths to navigate through school.

Registration is limited. Please secure your spot *BEFORE* June 1, 2016.

Circle only **one** session: 5th/6th Camp **OR** 7th/8th Camp

Child Name: _____

Parent Name: _____

Address: _____

Phone: _____ Email: _____

Summer Schedule 2016

St. Joseph School incoming
5th and 6th ONLY

Monday, August 15th to
Thursday August 18th
9:00-12:00

OR

St. Joseph School incoming
7th and 8th ONLY

Monday, August 22nd to
Thursday August 25th
9:00-12:00

Location

St. Joseph School
700 18th Avenue East
Seattle, WA 98112

In September 2016, my child is going into grade: 5th 6th 7th 8th (circle one)

Camp fee: \$300.00 due at time of registration. Deadline June 1, 2016

Checks payable to: St. Joseph School, attn. to: LRC 700 18th Ave E, Seattle, WA 98112

Space is limited! Reserve your spot now by registering today!

