

## **Making sure your practice sessions occur regularly**

Our job isn't done when you buy the book. Our job is done when your student has built their skills to the highest level they can achieve.

Your student will progress more rapidly when your practice sessions become a habit. Follow these steps to ensure that from your very first session onwards, your practice sessions occur frequently and regularly until you reach your goal.

### **STEP ONE**

*"You can't hit a target you can't see."*

Write down clear, specific time-oriented goals. Include the number of sessions you'll accomplish in a week and include the specific time of day which is best for each specific day of the week. For example, you could write something like the following, "Tuesday before school, Wednesday after supper, Thursday after school and Saturday after breakfast."

### **STEP TWO**

*"What the mind can conceive and believe the mind can achieve."*

When you and your student have discussed and agreed upon when your practice sessions will occur, you'll need to determine in a general way, the level of competence your student is aiming for in what areas.

What is your student's most important goal? ...doing better on spelling tests? ...reading novels more quickly? If your student's foremost goal is to become a better speller then they might wish to also develop new habits outside of their practice sessions. For example, they may decide to use the Soundpatternz™ Memory Boosters whenever they encounter a word they want to add to their working vocabulary.

If your student is just beginning to read and write common words, you may wish to complete SECTION ONE only. If they are a mature student, they may wish to complete all 3 sections.

Students who wish to reach their full potential will want to use the Modified 3 – Step Method for re-reading the book. If your student's primary goal is reading fluency, this method will give them an opportunity to practice and re-practice the word columns.

Add details regarding the number of sections you will complete and whether or not you are striving for competence (beginners) or mastery (average or previously struggling students).

### **STEP THREE**

*"When you're interested in doing something, you do it only when convenient. When you're committed to doing something, you accept no excuses, only results."*

When you and your student have set your goals and interim targets, and written them down, both of you should sign the sheet of paper they are written on. Then, place your session dates and times on any calendars you use to keep track of important appointments, and place your commitment sheet in a highly visible place.