

Family Living
Focus
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gear, even when they do not feel like studying.

- A designated area also gives a permanent place to keep notes, textbooks, pens and other supplies. They will not waste 10 minutes each day collecting the material they need if it's already be there.

- Study short and often. The brain takes in information faster and retains it better if it is not overloaded. Short study periods are more effective than two long ones for two reasons: (1) frequent repetition is the key to building memory; and (2) if there is a long time between study periods, a good portion of the material studied may be lost.

- Start study sessions on time. It sounds like a small detail, but it's amazing how quickly those 10 minute delays add up. Use every minute of the time scheduled for study.

- Study the most difficult subjects first. Students are most alert when they first sit down, so encourage them to tackle the tough

stuff first. They also feel better getting the worst out of the way, and won't be tempted to spend all of their time on easier or favorite subjects.

- Start assignments as soon as they are given. A little work on an assignment will allow the student to give attention to its quality. The workload will be spread out, avoiding a log jam just before it is due. A calendar to help with scheduling is extremely important.

- Problem solve. For courses that require problem solving, such as math, physics, or chemistry, spend a good portion of the study time working problems. If the student gets stuck on a problem, don't spend too much time on it. Go to the next question and ask for help the next day.
- Study when you are wide awake. Decide what the best time is and try to schedule study time accordingly. We all accomplish more when we are alert.

- Review notes regularly. Taking good notes is the first step, reviewing them regularly is the

second. The best way to learning anything is to review the information often (aloud, too).

- Take regular breaks. A general rule of thumb is a 10 minute break for every 60 minutes of studying. Don't study through breaks. They rejuvenate the student for the next hour of studying.

- Reward. When a student completes a goal, give a reward. It doesn't have to be anything elaborate — a snack, a movie, a TV show. The reward system is an incentive to reach goals and a pat on the back for achieving them.

- Keep on top of it. Letting work pile up can leave an overwhelming task. Identify the problem as soon as possible and don't let it become unmanageable.

Helping your student create good study habits is a great step toward success both in to school and future career. Good luck during the coming school year and remember school will be out in ten months.

Help Your Child Develop Good Study Skills

It's hard to believe that summer has come and gone and that another school year has started. With the school year getting into gear, it's a good time to start establishing good study habits. To help your student study smarter, try some of the following tips:

- Schedule regular study periods. Set aside regularly sched-

uled study times. The most effective way to learn is to rehearse regularly. Whether it is practicing the piano, playing sports or reviewing academic material, learning happens through the principle of repetition.

- Establish a designated/permanent study area. When a student becomes conditioned to study in the same place, their mind will automatically kick into

Mifflin County 4-H Shooters Earn Plaques At Nationals

GAIL STROCK
 Mifflin Co. Correspondent
 LEWISTOWN (Mifflin Co.) — "My work's all up here," said Aaron Wolfe, tapping his right temple. Improving concentration. Mind control. Couple that with sharp shooting skills and it's easy to understand the success of six Mifflin County 4-H archery and shotgun shooters.

By scoring high at 4-H Achievement Days and the state tournament in Williamsport and at Shawnee Archers near Lewistown, they earned the right to compete at the National 4-H Invitational Shoot in San Antonio, Texas, from July 17-22. There, the archery team won first place gold medals and the shotgun team won third place bronze medals.

Mifflin County's Texas-bound van held archers Aaron Wolfe, Nikki Fisher, and Matt Scheffel and shotgun shooters Dan Scheffel, Chad Setzler, and Curtis McKnight. Once in Texas, they joined the rest of the Pennsylvania shooting team — Somerset County archers Jamie Sechler, Matt Pyle, Nathan Pyle, and Kyle Courtney and shotgun shooters Greg Patton and Jimmy Bender (Lycoming County), Josh Richmond (Sullivan County), and Jeremiah Fearnley (Susquehanna County).

"There's only one person responsible for how they do — themselves," said Mifflin County 4-H Shooting Sports Club leader Sam Setzler. "They either have

the drive or not. Concentration is a big part. It's more a mental state of concentration once they have the proper techniques and ability. They all have practiced very hard."

Aaron Wolfe, 17, Lewistown, serves as the 4-H club's president and 1999 Most Improved Shooter, from a beginner's score of 54 to a recent 285. He started shooting with his father. It's one of those things I didn't think I'd like. I never thought it'd turn into as big as it is. There are some areas I need to work on. There's a lot more to accomplish. I was amazed at how many people were represented (in Texas). It was a good trip. I'm looking forward to next year."

Matt Scheffel, 16, Reedsville, is the most consistent archer. (Fluctuating scores result from varying levels of concentration.) He's been a member of the 4-H shooters for six years. For him, the challenge is to keep getting better. "The hardest part is finding enough time to practice."

Fifteen-year-old Nikki Fisher of Lewistown is one of only five girls in archery in the 107-member shooting sports club. She first picked up the bow for 4-H competition this past February. "I learned patience," Nikki said of her experience in Texas. "If I shot bad, I got mad, and my co-shooter said to calm down."

Curtis McKnight, 16, Granville, has been a member of the

4-H club for three years but has been shooting since age five. "I

learned to concentrate more," Curtis said of the trip to Texas,

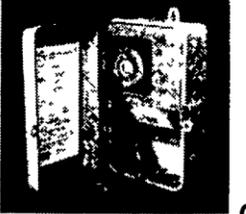
"and to get more sleep. Don't get frustrated, and practice more."



Six members of the Mifflin County 4-H Shooting Sports Club qualified for national competition in July and returned with gold and bronze medals. They are, in front, archers Matt Scheffel, Nikki Fisher, and Aaron Wolfe. Archery leader Chris Setzler joins them. The back row includes shotgun shooters Chad Setzler, Dan Scheffel, and Curtis McKnight.

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