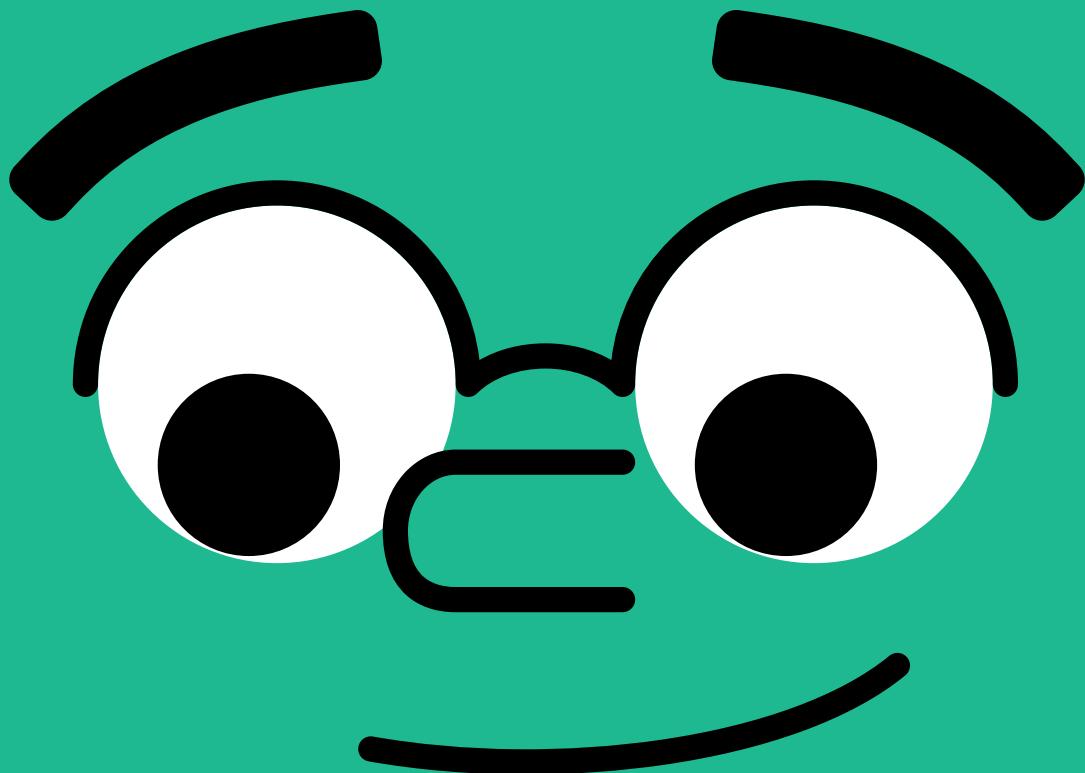


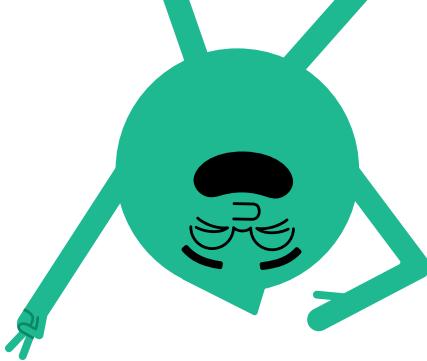
alloprof



# Alloprof key resource guide

→ For parents

100% free services approved by qualified professionals!



## Alloprof Parents key resource guide

<b>Asking a question</b>	<b>3</b>
<b>Students</b>	<b>3</b>
<b>Parents</b>	<b>3</b>
<b>Online academic resources</b>	<b>4</b>
Tools to help students understand academic concepts	4
Learning through play	4
Creating an account	5
Preparing for an exam or assessment	5
<b>Resources for parents</b>	<b>6</b>
Keeping up with the latest news and updates	6
Autonomy in schoolwork	6
Strategies to help your child stay organized	6
Homework and lesson review: Helping your child become more autonomous	7
Helping your child with online research	8
How and why your child should use a timer	9
How grandparents can help their grandchildren with homework	10
<b>Learning while having fun</b>	<b>10</b>
Tons of educational activity ideas	10
Book recommendations for all ages	10
<b>Exam preparation</b>	<b>11</b>
What parents need to know about ministry exams	11
Top 5 exam prep tools from Alloprof	12
How to study effectively	12
How to overcome exam stress	13
<b>Academic perseverance</b>	<b>14</b>
How to help your child enjoy school more	14
<b>Useful, fun, and educational tools!</b>	<b>14</b>

## Ask the Alloprof team a question for free



### Students

Is your child stuck on an assignment or confused about a specific concept? Whatever grade they are in, from elementary school to high school, our teachers can answer their questions on any school subject.

#### One-on-one help

Monday to Thursday from 5 p.m. to 8 p.m., and Sundays from 2 p.m. to 5 p.m.:

- On the [Alloprof](#) website (chat, phone, text) → [alloprof.qc.ca/en/question](http://alloprof.qc.ca/en/question)
- Toll-free number if you do not have internet access:  
1 888 776-4455

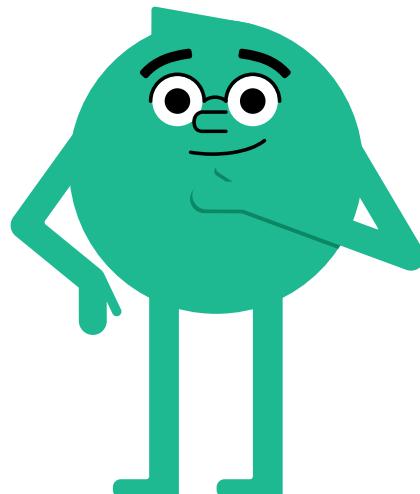
Available 24/7 to answer questions on any school subject, our [Help Zone community](#) is open to elementary and high school students at any grade level.

- [Help Zone](#) → [alloprof.qc.ca/Help Zone/discussions](http://alloprof.qc.ca/Help%20Zone/discussions)

### Parents

Looking for tips, advice, or tools for organizing schoolwork, keeping your child motivated, addressing learning challenges, and other academic topics?

- By phone (toll-free): 1-855-527-1277
- [On Messenger](#) → [facebook.com/messages/t/alloprofparents](https://facebook.com/messages/t/alloprofparents)
- By email: [info@alloprofparents.ca](mailto:info@alloprofparents.ca)



# Online academic resources

Find thousands of online academic resources  
for every need at [alloprof.qc.ca!](https://alloprof.qc.ca/)

## Tools to help students understand academic concepts

The Alloprof website has an extensive collection of concept sheets that provide clear explanations of concepts related to compulsory elementary and high school subjects:

→ [alloprof.qc.ca/en/students/vl/concept-sheets](https://alloprof.qc.ca/en/students/vl/concept-sheets)

Looking to review the curriculum for a particular subject and grade?  
Consult our review guides:

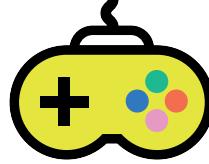
→ [alloprof.qc.ca/en/students/search#q=Review%20Guides&tab=students](https://alloprof.qc.ca/en/students/search#q=Review%20Guides&tab=students)

Does your child need to practise specific skills before an exam?  
Visit our exercise section:

→ [alloprof.qc.ca/en/students/vl/exercises](https://alloprof.qc.ca/en/students/vl/exercises)

Need to understand a concept quickly?  
Our instructional videos have you covered:

→ [alloprof.qc.ca/en/students/vl/videos](https://alloprof.qc.ca/en/students/vl/videos)



## Learning through play

The Alloprof website has all kinds of games (some in French only) that make learning fun!  
These games help students practise things like the following:

Times tables and mathematical operations

- Météormath 2 → [alloprof.qc.ca/fr/eleves/bv/jeux/meteormath-2](https://alloprof.qc.ca/fr/eleves/bv/jeux/meteormath-2)
- Fin lapin 3 → [alloprof.qc.ca/fr/eleves/bv/jeux/fin-lapin-3](https://alloprof.qc.ca/fr/eleves/bv/jeux/fin-lapin-3)

Parts of speech

- Potager en péril → [alloprof.qc.ca/fr/eleves/bv/jeux/potager-en-peril](https://alloprof.qc.ca/fr/eleves/bv/jeux/potager-en-peril)

Differentiating homophones

- Gommophone → [alloprof.qc.ca/fr/eleves/bv/jeux/gommophone](https://alloprof.qc.ca/fr/eleves/bv/jeux/gommophone)

Reading and understanding a variety of texts (available in English)

- Grimoire → [alloprof.qc.ca/fr/eleves/bv/jeux/grimoire](https://alloprof.qc.ca/fr/eleves/bv/jeux/grimoire)

## Learning through play (cont.)

### Spelling

- Magimot → [alloprof.qc.ca/fr/eleves/bv/jeux/magimot](https://alloprof.qc.ca/fr/eleves/bv/jeux/magimot)

### Solving geometry problems

- La foire → [alloprof.qc.ca/fr/eleves/bv/jeux/la-foire](https://alloprof.qc.ca/fr/eleves/bv/jeux/la-foire)

### Balancing chemical equations (Secondary IV and V)

- Solitary Reaction → [alloprof.qc.ca/en/students/vl/games/solitary-reaction](https://alloprof.qc.ca/en/students/vl/games/solitary-reaction)

### Past participle agreements in French

- PP l'archer → [alloprof.qc.ca/fr/eleves/bv/jeux/pp-larcher](https://alloprof.qc.ca/fr/eleves/bv/jeux/pp-larcher)

## Creating an account

Creating an Alloprof account allows users to log in to Alloprof's website for a richer, more personalized experience. For students, having an account means getting even more out of a host of features, plus gaining access to content that is better suited to their learning needs.

→ <https://www.alloprof.qc.ca/en/auth/register>



## Preparing for an exam or assessment

Exams can be stressful, but with adequate preparation, your child can get through them without feeling so anxious.

### Exam prep tips and advice

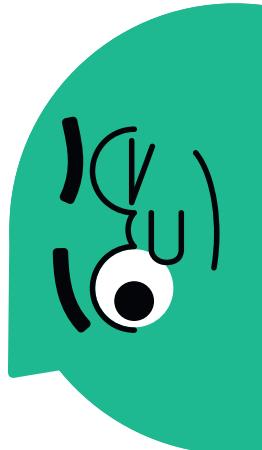
- [alloprof.qc.ca/en/students/vl/exams-and-tips](https://alloprof.qc.ca/en/students/vl/exams-and-tips)

Crash Lessons, 15- to 30-minute videos that review a specific concept, accompanied by interactive exercises

- [alloprof.qc.ca/en/students/vl/videos](https://alloprof.qc.ca/en/students/vl/videos)

# Resources for parents

Essential resources designed specifically for your needs!



## Keeping up with the latest news and updates

- Subscribe to our newsletter → [alloprof.qc.ca/en/pages/parents-newsletter](https://alloprof.qc.ca/en/pages/parents-newsletter)
- Create a parent account → [alloprof.qc.ca/en/auth/register](https://alloprof.qc.ca/en/auth/register)
- Visit the Alloprof Parents site → [alloprof.qc.ca/en/parents](https://alloprof.qc.ca/en/parents)

## Autonomy in schoolwork

### Strategies to help your child stay organized

#### 1. Using an agenda.

- Encourage your child to write everything they need to keep track of in their agenda: class times, homework, exams, sports practices, etc. Forgotten assignments will be a thing of the past!

#### 2. Keep a family calendar.

- In addition to your child's agenda, keep a calendar at home where your whole family can write down important personal and school events.

#### 3. Help your child learn to prioritize.

- Learning to prioritize is an important skill that will help your child in both their personal and academic life. It will help them plan and organize their tasks more effectively.

#### 4. Break down assignments into smaller steps.

- Sometimes big tasks can be daunting! To motivate your child, you can help them break down a big task into smaller steps, for example, by using a colour code (red for what they need to do first, yellow for what they need to do second, etc.).

For more information, visit:

- [alloprof.qc.ca/en/parents/articles/homework-assistance/help-your-child-be-better-organized-k1230](https://alloprof.qc.ca/en/parents/articles/homework-assistance/help-your-child-be-better-organized-k1230)

## Homework and lesson review: Helping your child become more autonomous

### 1. Ask them to organize their school supplies.

- You can help your child take a first step toward autonomy by giving them the responsibility of gathering all the materials they need to do their schoolwork. You can do this by giving them a checklist, for example.

### 2. Let them choose the order in which they do their assignments.

- Deciding on the order of tasks can give your child a sense of control and freedom, which will foster the development of their autonomy.

### 3. Encourage your child to look for answers on their own.

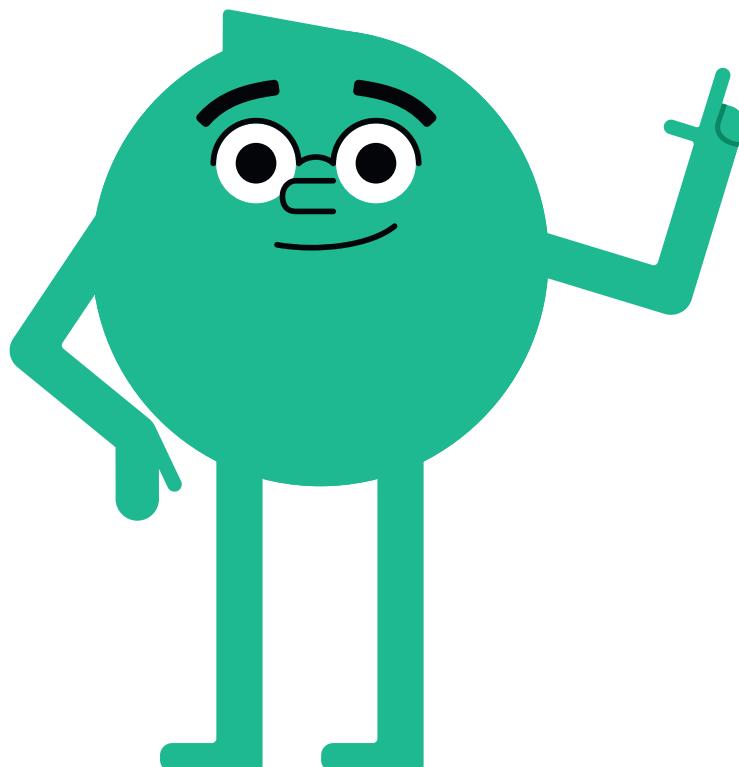
- Finding the answer by themselves will make it easier to remember the information. Plus, your child will be proud of finding the answer without help. Self-confidence is an integral part of autonomy!

### 4. Acknowledge their effort.

- It is perfectly normal not to get everything right on the first try! In order to master a new skill, you need to make a few mistakes and practise, practise, practise.

For more information, visit:

→ [alloprof.qc.ca/en/parents/articles/homework-assistance/homework-encouraging-your-child-to-become-autonomous-k1217](https://alloprof.qc.ca/en/parents/articles/homework-assistance/homework-encouraging-your-child-to-become-autonomous-k1217)



## Helping your child with online research

### 1. Using search engines.

- Search engines (such as Google, Bing, and Yahoo!) are used to find information on the internet. They have a number of useful features, such as the ability to search for images and news articles.

### 2. Using keywords.

- When using a search engine, it is best practice to use keywords (that is, only the important words). There is no need to use determiners or complete sentences.

### 3. Determining whether a source is reliable.

- Some websites have more accurate information than others. It is important to ask yourself whether a website seems reliable. Examples of reliable websites:
  - CBC and CBC Kids
  - The Encyclopédie Larousse
  - Canadian Geographic
  - Statistics Canada

### 4. Citing sources.

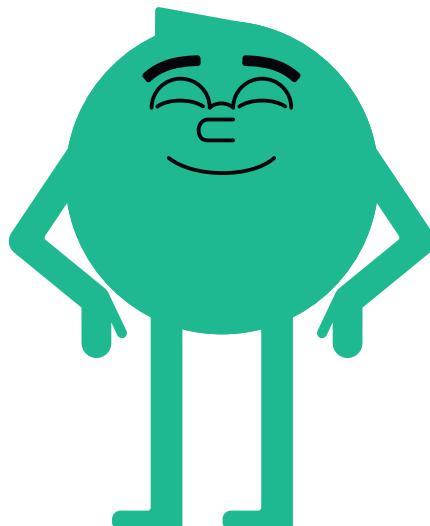
- It is important to always state where you found your information. At the end of a research paper, your child should include a “Sources” section where they list the resources they consulted while writing the paper.

For more information, visit:

→ [alloprof.qc.ca/en/parents/articles/homework-assistance/helping-your-child-use-online-research-tools-k1209](https://alloprof.qc.ca/en/parents/articles/homework-assistance/helping-your-child-use-online-research-tools-k1209)

For more information on website reliability, visit:

→ [alloprof.qc.ca/en/parents/articles/homework-assistance/explaining-website-credibility-to-your-child-k1213](https://alloprof.qc.ca/en/parents/articles/homework-assistance/explaining-website-credibility-to-your-child-k1213)



## How and why your child should use a timer

### 1. To keep track of time.

- For children, time is a very abstract concept. As a result, it can be easy for them to lose track of time and forget about important events!

### 2. To plan homework and study periods more effectively

- Your child can use a timer to plan how long it will take to complete their work, allocate time to each step, plan breaks, etc.

### 3. To increase autonomy.

- Some timers, such as the Alloprof timer, allow users to set aside time for different tasks before they start their study session. This can help students anticipate what they need to do next.

### 4. To relax and recentre.

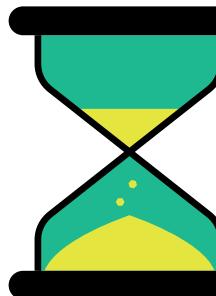
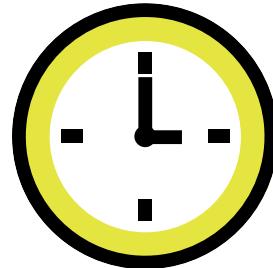
- Schoolwork and other responsibilities can be frustrating! You or your child can set a timer to alert them when it is time to take a break and do a relaxing activity like reading a book, playing outside, or eating a snack.

For more information, visit:

→ [alloprof.qc.ca/en/parents/articles/homework-assistance/how-why-child-use-timer-k1491](https://alloprof.qc.ca/en/parents/articles/homework-assistance/how-why-child-use-timer-k1491)

To try Alloprof's Motivational Timer, visit:

→ [alloprof.qc.ca/en/students/vl/games/motivational-timer](https://alloprof.qc.ca/en/students/vl/games/motivational-timer)



## How grandparents can help their grandchildren with homework

### 1. Support and encourage them.

- While it is ultimately your grandchild's responsibility to do their schoolwork, you can encourage them when they get discouraged and offer moral support.

### 2. Help them stick to their homework or study plan.

- Grandparents make great guides! You can give your grandchild advice to help their study sessions go smoothly.

### 3. Show interest.

- Sometimes, all a child needs is someone to take an interest in what they are doing. Showing enthusiasm will help your grandchild develop a taste for learning.

### 4. Look for solutions together.

- The role of parents and grandparents during homework time is not to give answers, but to help the child find solutions, for example by encouraging them to use Alloprof's resources.

### 5. Acknowledge their effort.

- Good self-esteem boosts motivation and improves a student's chances of success!

For more information, visit:

→ [alloprof.qc.ca/en/parents/articles/homework-assistance/grandparent-help-grandchild-homework-k1617](https://alloprof.qc.ca/en/parents/articles/homework-assistance/grandparent-help-grandchild-homework-k1617)

## Learning while having fun

Tons of educational activity ideas

The Alloprof Parents website is chock-full of ideas for activities that make learning fun!

You can view them here:

→ [alloprof.qc.ca/en/parents/themes?thematic=healthy-life-habits-and-educational-activities#](https://alloprof.qc.ca/en/parents/themes?thematic=healthy-life-habits-and-educational-activities#)

Book recommendations for all ages

If your child loves reading, but has no idea what to read next, or if they are having trouble finding a book they love, never fear! We have tons of book recommendations for you!

Recommendations for ages 6 to 11:

→ [alloprof.qc.ca/en/parents/articles/encouraging-reading-and-writing/elementary-school-list-k1345](https://alloprof.qc.ca/en/parents/articles/encouraging-reading-and-writing/elementary-school-list-k1345)

Recommendations for ages 12 to 17:

→ [alloprof.qc.ca/en/parents/articles/encouraging-reading-and-writing/high-school-list-k1346](https://alloprof.qc.ca/en/parents/articles/encouraging-reading-and-writing/high-school-list-k1346)

# Exam preparation

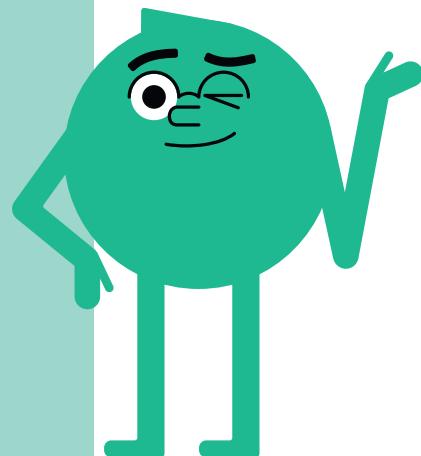
Everything you need to know about exams

What parents need to know about ministry exams

## 5 things to remember about ministry exams

- 1 When?**  
Every year, usually in May and June.
- 2 Why?**  
To assess learning at key moments.
- 3 For whom?**  
**Elementary schoolers:**  
Grades 4 (French sector only) and 6  
**High schoolers:**  
Secondary II (French sector only), IV, and V
- 4 By who?**  
A team of educational consultants and teachers.
- 5 How?**  
All students take these exams at the same time.

Head to [alloprof.ca/en](https://alloprof.ca/en) for more resources  
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**alloprof parents**

For more information on ministry exams, visit:

→ [alloprof.qc.ca/en/parents/articles/exam-preparation/parents-know-ministry-exams-k1257](https://alloprof.qc.ca/en/parents/articles/exam-preparation/parents-know-ministry-exams-k1257)

## Top 5 exam prep tools from Alloprof

**Elementary school :**  
**Top 5 Alloprof study tools**

- 1 **Math videos:** Tutorials to clarify math concepts.
- 2 **Potager en péril:** A fun game for reviewing word classes.
- 3 **Book of Spells:** An interactive adventure game to improve reading comprehension.
- 4 **Fin Lapin 3:** Help the rabbit win the race by solving math equations.
- 5 **Motivational Timer:** A neat tool to help organize study time and improve concentration.

Head to [alloprof.qc.ca/en](https://alloprof.qc.ca/en) for more resources.  
 © Alloprof

**alloprof parents**

**High school:**  
**Top 5 Alloprof study tools**

- 1 **Crash lessons:** Recap videos that last less than 30 minutes.
- 2 **Our YouTube channel:** A collection of videos explaining key concepts.
- 3 **Review Guides:** A selection of important revision tools.
- 4 **Cheat Sheets:** A "how-to" for making a memory aid.
- 5 **Reading tips:** Strategies for improving reading comprehension.

Head to [alloprof.qc.ca/en](https://alloprof.qc.ca/en) for more resources.  
 © Alloprof

**alloprof parents**

## How to study effectively

### 1. Start studying early.

- Since studying a little bit every day is better than trying to memorize everything the night before, encourage your child to reread their class notes every day after school or at the end of every week.

### 2. Regularly check understanding.

- Unanswered questions can lead to gaps in your child's knowledge and prevent them from making progress. Alloprof's games and resources can help them practise what they learn in school. If they get stuck on anything, you can recommend that they talk to their teacher.

### 3. Make a list of priorities.

- Your child should dedicate extra time to the subjects they find more difficult. Of course, they should make sure not to neglect other important aspects of their life, like their sleep, extracurricular activities, or their student job (if applicable).

### 4. Make review sheets.

- One good way to memorize material is to make review sheets. Review sheets can take a variety of forms, from bulleted lists to diagrams. It is up to you to figure out what works best for your child!

### 5. Ask for help as soon as an issue is encountered.

- If your child waits to ask for help until the day before their exam, they will likely be more stressed, and they may not get an answer in time. Encourage your child to attend the remedial classes offered at school or reach out to Alloprof!

For more information, visit:

→ [alloprof.qc.ca/en/parents/articles/exam-preparation/how-to-prepare-for-an-exam-k1248](https://alloprof.qc.ca/en/parents/articles/exam-preparation/how-to-prepare-for-an-exam-k1248)

## How to overcome exam stress

### 1. Get active.

- When exam season rolls around, studying is key—but so is staying active! Plus, exercise is a great way to reduce stress and improve concentration.

### 2. Get enough sleep.

- A good night's sleep is essential before an exam. Sleep helps the brain consolidate learning, reduces anxiety, and improves concentration.

### 3. Eat well.

- If your child eats a balanced diet and enjoys what they eat, they will find it easier to tackle exam days head-on.

### 4. Practise positive visualization.

- To help your child conquer their anxiety and dispel memory blanks, encourage them to practise positive self-talk and use visualization. For example, they can encourage themselves as they look in the mirror or imagine passing their exam.

### 5. Meditate or do another relaxing activity.

- After a certain amount of study, the brain no longer registers information very well. So, it's essential that your child takes their mind off things by doing something relaxing. This could be playing a quiet game, reading a book, or listening to soft music. Breathing exercises are also powerful relaxation tools.

### 6. Study in a pleasant environment.

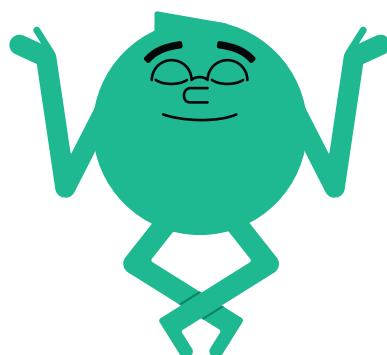
- The ideal work environment is free from distractions, comfortable, well-lit, and able to accommodate music or silence.

### 7. Get organized.

- Whether they use an agenda, calendar, or sticky notes, it is important for your child to plan out the days leading up to an assessment so they can spread out their study sessions and avoid burning out.

For more information, visit:

→ [alloprof.qc.ca/en/parents/articles/exam-preparation/how-to-make-exams-less-stressful-k1255](https://alloprof.qc.ca/en/parents/articles/exam-preparation/how-to-make-exams-less-stressful-k1255)



# Academic perseverance

## How to help your child enjoy school more

### 1. Speak positively about school.

- You are your child's role model, and everything you say has a big impact on their world view. If you paint school in a positive light, they will likely adopt a more positive attitude.

### 2. Introduce them to reading.

- Since reading is the foundation of all school subjects, a child who is a good reader will find it easier to overcome challenges.

### 3. Talk to them about the link between school and careers.

- Ask your child what type of career they are interested in and figure out a strategy to help them achieve their goal. Thinking about their future will help them realize that school is an essential tool in making their dreams a reality.

### 4. Get involved at your child's school.

- Show your child that you are interested in their education. For example, you can attend parent-teacher meetings, reply to their teacher's notes, or volunteer as a chaperone during class field trips.

### 5. Build up their self-esteem.

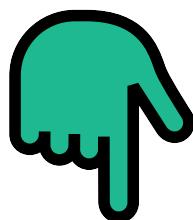
- The greater your child's self-worth, the more personal satisfaction they will get from their academic achievements, and the more inclined they will be to set and work toward academic goals. As a parent, you can reinforce your child's belief in their abilities by praising their strengths and encouraging them to show off their natural talents.

For more information, visit:

→ [alloprof.qc.ca/en/parents/articles/difficulties-at-school/  
how-to-help-your-child-fall-in-love-with-school-k1333](https://alloprof.qc.ca/en/parents/articles/difficulties-at-school/how-to-help-your-child-fall-in-love-with-school-k1333)

# Useful, fun, and educational tools!

Alloprof has created the following tools to support parents. Feel free to print them out as many times as you need and visit our website for even more resources.



# 100 notes to leave in your child's lunch box! Brighten their day and boost their morale

I can't wait to see you tonight! 

You're doing great! 



Surprise!  
Have a wonderful  
day,  
sweetheart! 



Hey there!  
Just wanted  
to say  
I love you! 

I can't wait to hear all  
about your day!



This weekend,  
let's spend a whole  
day together!



Always  
know that  
I love you!

Your day is off to a great start! 



Keep up the amazing work! 

Bon  
appétit!



I love you and  
will always  
be here  
for you!



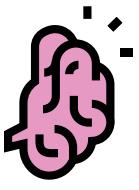
Have a great  
day at school  
with your  
friends!



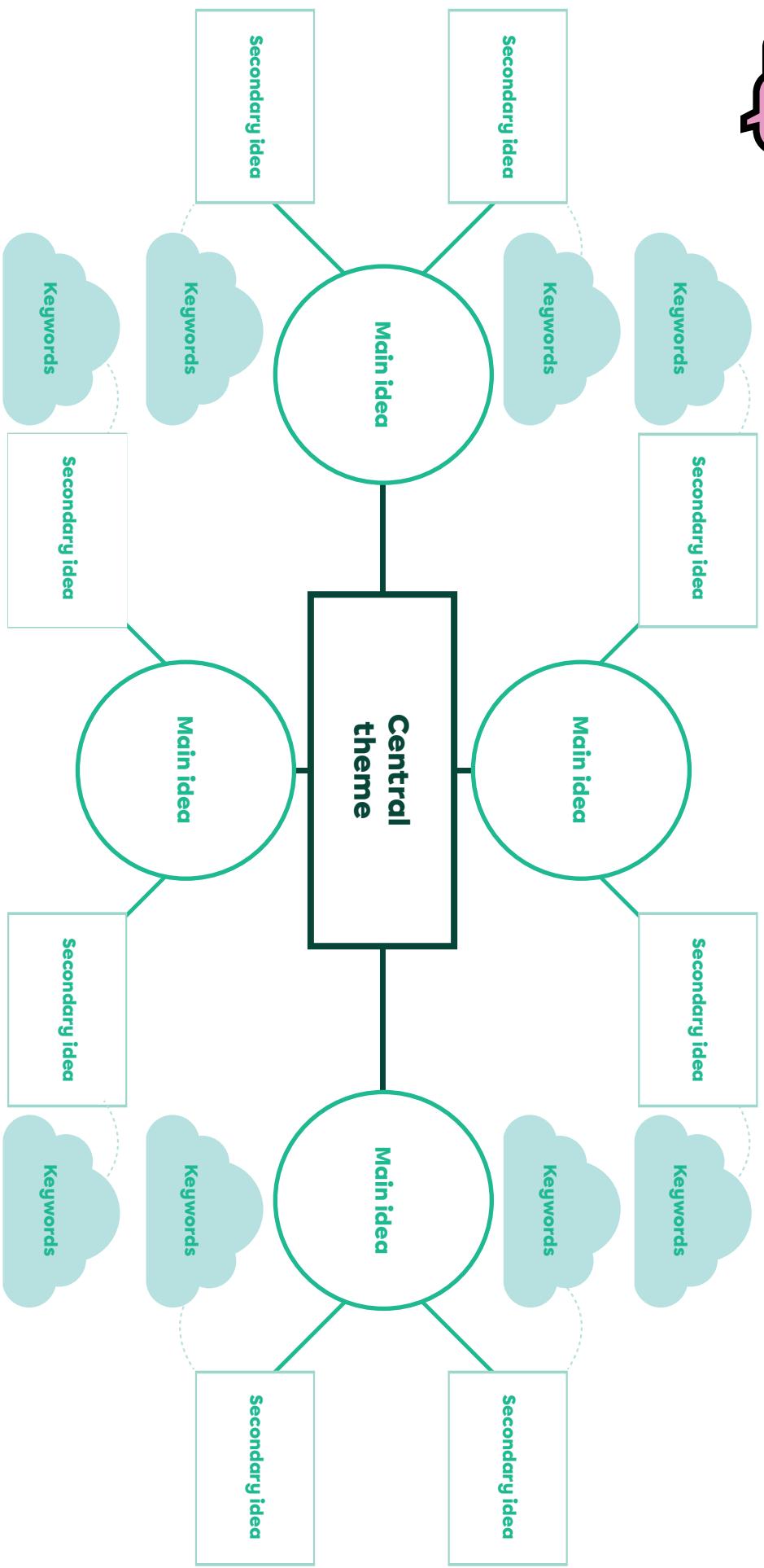
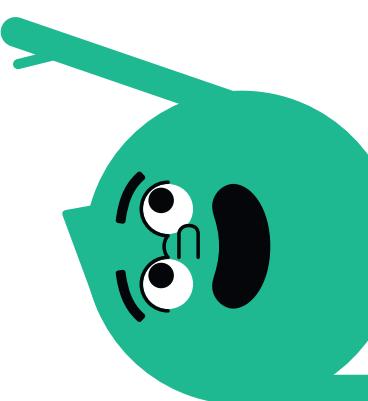
I hope you  
enjoy  
your lunch!



# Make learning easy with mind maps

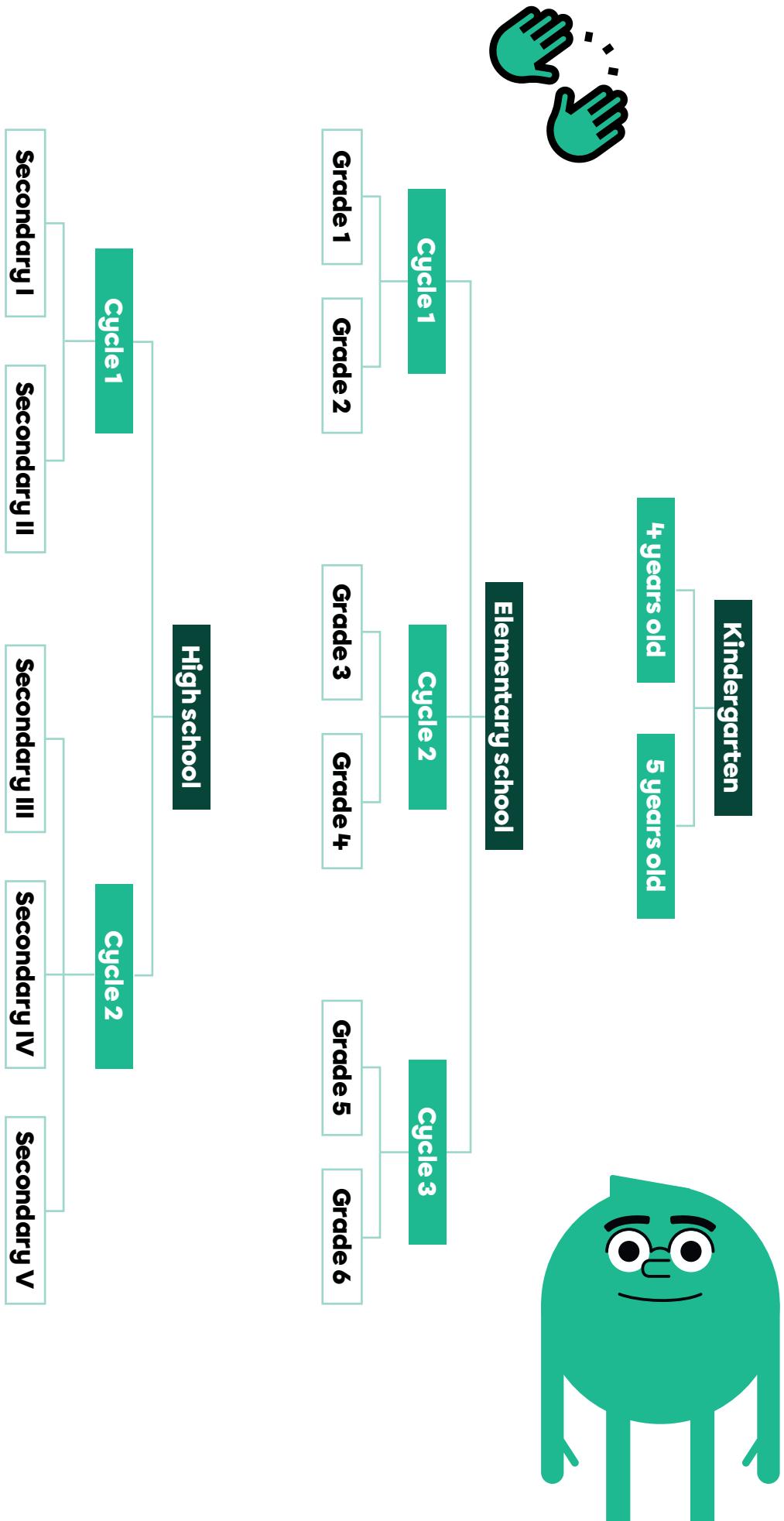


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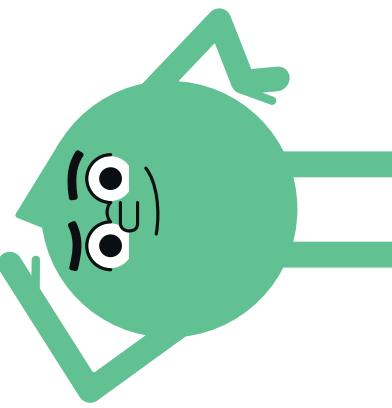


# A look at educational paths and diplomas in Quebec

The Quebec school system offers many different possibilities. Regardless of the path your child chooses, their education will open many doors and help them build a bright future. To guide you, we've put together a flow chart of the different paths and diplomas available.



# Put some flower power in your dinner hour!



Sometimes a simple conversation can make all the difference. When you talk with your child, it builds their self-confidence, promotes academic success, and strengthens the bond you have together. Those are three great reasons to put some flower power into your discussions!

**What did you like best in your lunch?**

**What did you like most about your day?**

**Who made you laugh the most yesterday?**

**What's the most beautiful thing you saw today?**

**What did you do today?**

Create your own family flowers for more flower power fun!

Head to [alloprof.qc.ca/en](http://alloprof.qc.ca/en) for more resources.  
© Alloprof

## Here's how:

1. Print out our flower power tool.
2. Cut out the flowers.
3. Fold the petals along the dotted line to hide the questions.
4. Attach the flower to a sturdy stem (e.g., a Popsicle stick).
5. Arrange the flowers in a pot in the centre of the table.
6. At dinner time, pick one of the flowers.
7. Unfold a petal and read the question aloud.
8. Take turns answering the question.
9. Repeat until you've opened all the petals.

# My ready-for-school list

Does your child often realize they've forgotten a few things at home when they get to school? Our handy checklist could be just what they need! Encourage your child to use it as they get ready in the morning. One quick glance can save a lot of headaches!

## Instructions

1. Print the list.
2. Place it in a transparent sheet protector.
3. Put it up by your front door or in a strategic location.
4. Adjust the list to your child's needs.
5. Use a dry-erase marker to check off items.

Head to [alloprof.qc.ca/en/parents](http://alloprof.qc.ca/en/parents) for more resources.

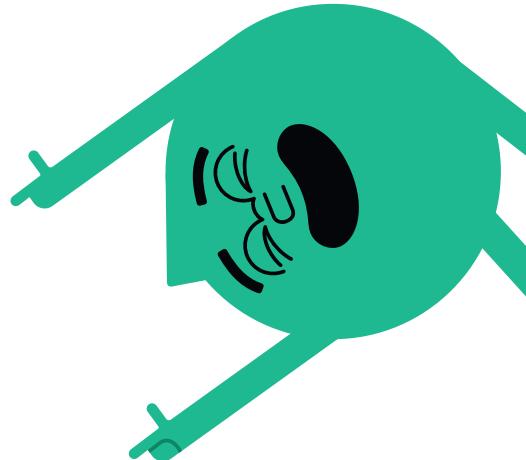
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# My ready-for-school list

- Backpack
- Agenda
- Lunchbox
- Gym clothes
- Water bottle
- Signed documents
- Special school day (e.g., pyjama day, colour day)
- Extra clothes if needed (e.g., mittens, socks)



Other:

- \_\_\_\_\_
- \_\_\_\_\_

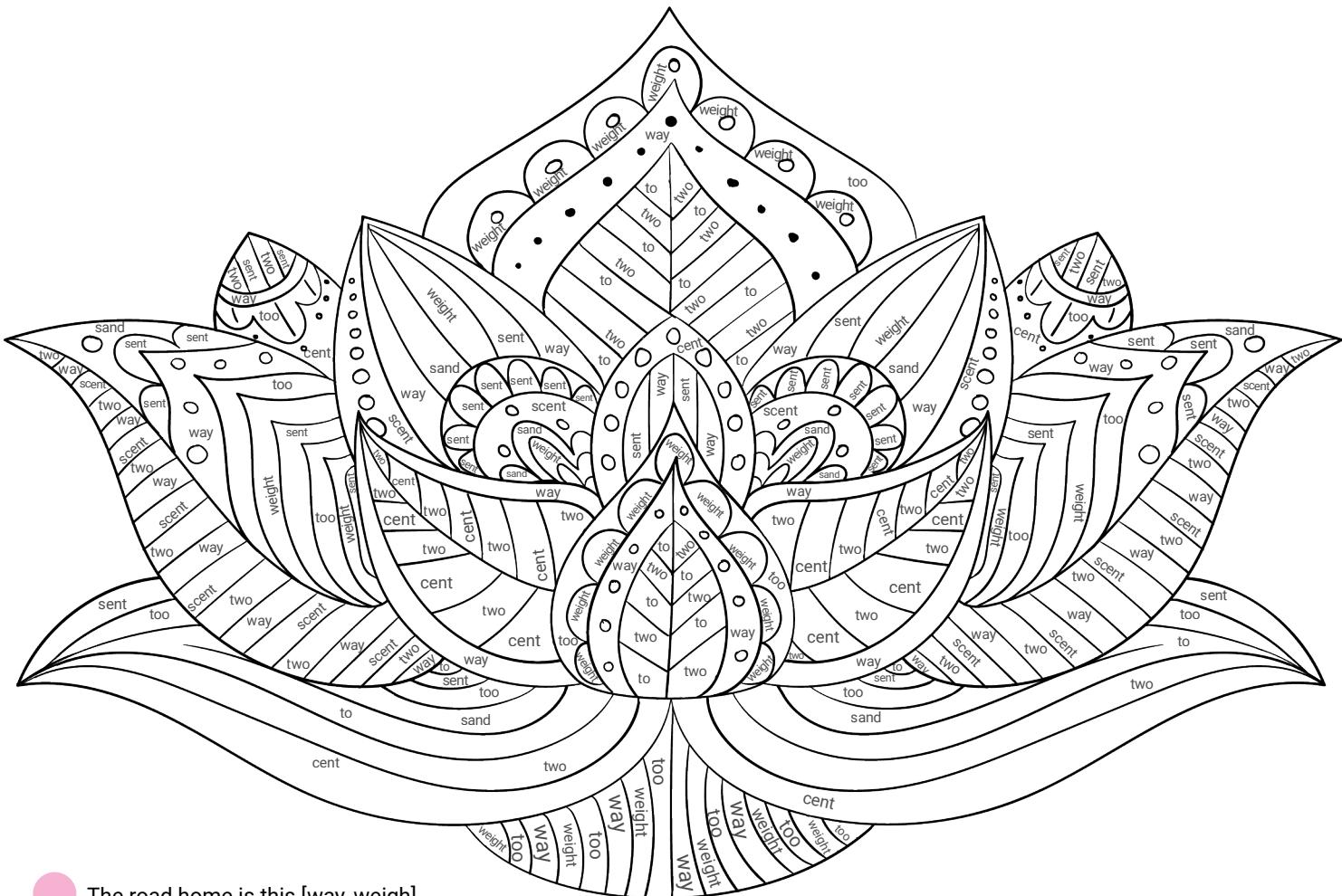
Have a great day, sweetheart!



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# The color of homophones

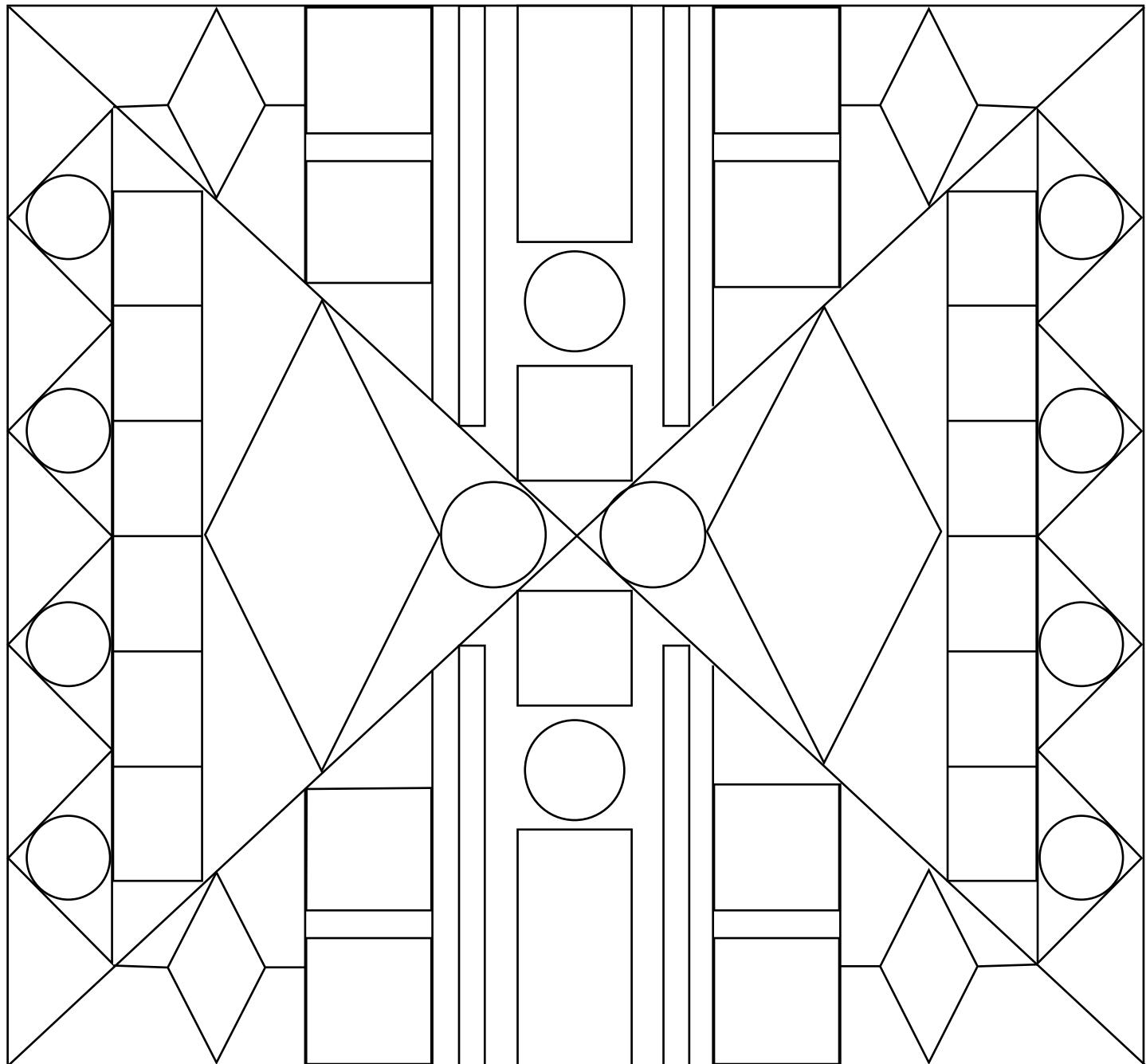
Sharpen your vocabulary skills as you bring the mandala to life! To know which colour to use, simply find the right homophone.



- The road home is this [way, weigh].
- When baking, it's best to [way, weigh] the ingredients.
- I got a new bike, so my sister wanted one [to, too, two].
- Gorillas love [to, too, two] laugh just like humans.
- There were [to, too, two] cheetahs in the tree.
- I saved every [cent, scent, sent] of my allowance.
- Each flower has its own unique [cent, scent, sent].
- Maria and Liam [cent, scent, sent] a letter to their friends in Australia.
- On the beach, the [cent, scent, sent, sand] is really hot!

# Geometry mosaic

How well do you know your shapes? Use your geometry knowledge to colour in this beautiful mosaic.



triangle



square



circle



rhombus



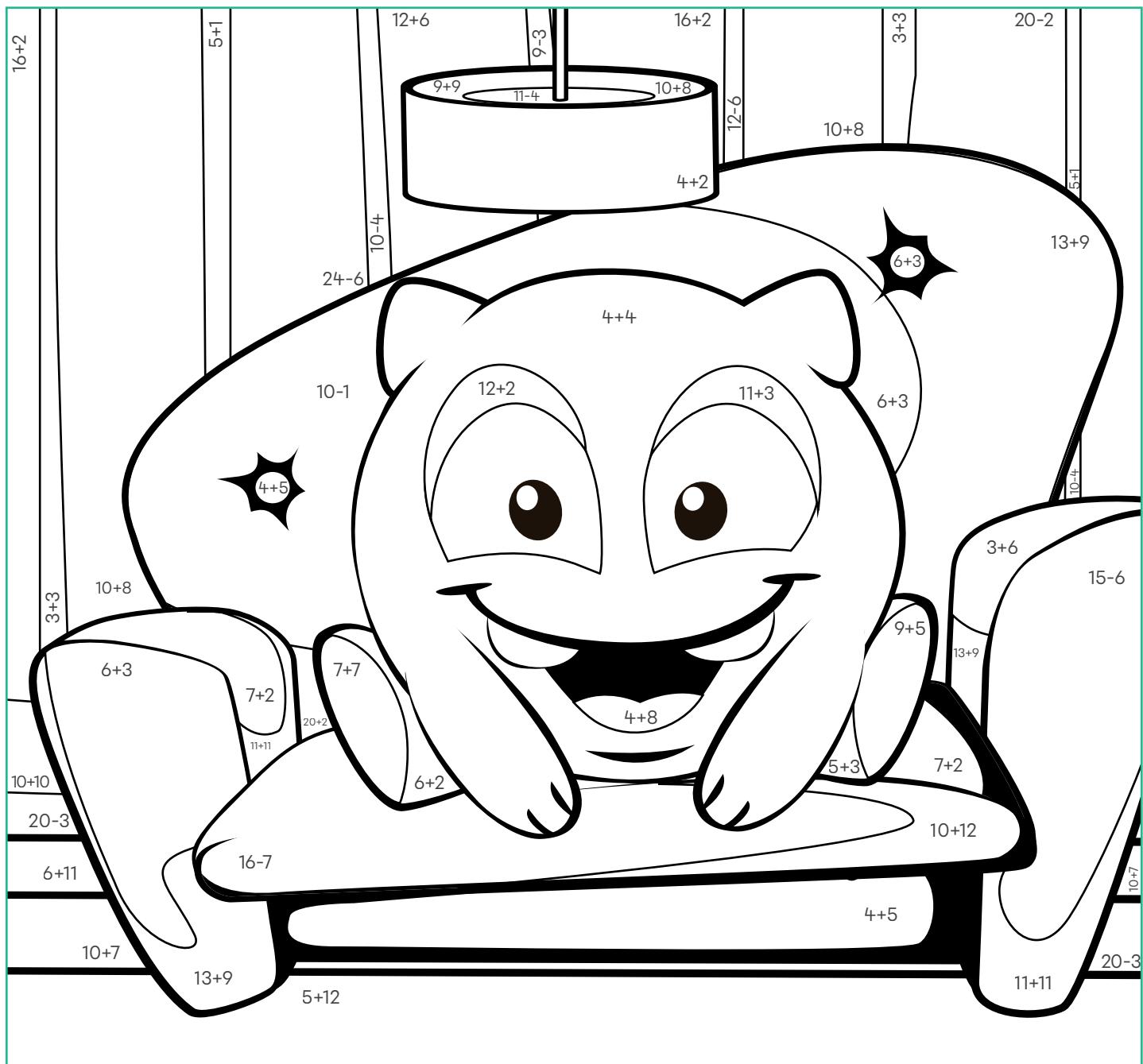
rectangle



Colour in the remaining white spaces however you want!

# The Book of Spells monster

Sharpen your math skills as you bring the Book of Spells monster to life! To know which colours to use, simply solve the equations.



8



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Psst! Check out Book of Spells, a fun interactive library filled with stories for Grade 3 and Grade 4 students, written by Quebec authors. After reading different texts, answer reading comprehension questions to free and feed little monsters.

Head to [alloprof.ca/en](https://alloprof.ca/en) for more resources  
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