

Creating the Right Environment for Learning at Home

Home Study: Hints and Tips for Parents

Parents can support and encourage their children's successful learning by helping them create a positive study environment. Here are some of the ideas we give to parents.

Location:

It's best to find a place that's quiet and free of distractions – if possible, not the family room or the dining room table. Ideally the space will be a defined area in your child's bedroom or living area. Make sure study areas have good lighting, storage and a comfortable chair.

Resources:

Make sure your children have everything they need to begin work as soon as they sit down to study. Have pens and paper all within easy reach. A bulletin board for posting study schedules and reminders of project due dates is also a good idea.

Music:

Some classical music is "brain friendly" and enhances the study environment. Baroque music helps students to focus and to access their most resourceful learning state.

Your son or daughter may think their own music is best, but try to convince them to try classical music. If your son or daughter is resistant to classical music, suggest they choose music that does not have lyrics. Words interfere with the part of their brain they need to study effectively.

Affirmative signs:

Positive signs will remind your child's subconscious mind of his or her potential to learn. Help your child create an inspiring atmosphere by making some signs using lots of colour. The following ideas to get you started:

- **BELIEVE IN MYSELF**
- **EVERYTHING I DO DESERVES MY BEST EFFORT**
- **EVERY CHALLENGE OFFERS A GIFT**

Homework support:

Helping create a positive study environment at home will go a long way toward establishing great homework habits. It's also good to create and agree on homework guidelines such as study time, having breaks, and managing distractions such as TV and the Internet.

- * **Homework time:** Sometimes it's not easy because of extracurricular activities, but try to define a specific time each day that homework will be started.
- * **Distractions:** Make a plan with your child about the timing for phone calls, internet use and TV time.
- * **Breaks:** Breaks are important. A ten-minute break after each hour of study time will enhance learning.
- * **Flexibility:** Sometimes homework will have to start a bit later, sometimes a family commitment will mean starting a little earlier, sometimes a break may need to be slightly longer than five or ten minutes. Flexibility keeps you and your child connected.