

STUDY SMART



With the year-end with better growth and learning, it's time to check their understanding. The term is fear and anxiety in many children, hence there is a need for good study habits and better time

children imagine themselves as excellent students, then brainstorm with them what needs to be done

Establish a study routine and a fixed place: - Children should be in the habit of studying at the same time each day. While making the *study schedule*, take into account scheduled activities, family commitments, and favorite TV shows. Many children are too tired by the end of the day and may have trouble concentrating and get easily frustrated. Hence, jointly decide upon a study hour when the child is alert. All distractions, such as phone calls, TV, the continuous notification of messages, and the sound of reels, should be kept away by the family, and the entire family can read or complete their work together.

Provide a distraction-free, well-lit place- a table or desk which allows the child to sit upright. Some children may prefer to study in their own room, while others do better around their parents.

SEEDS: - **Sleeping** for at least 7-8 hours, with no screen time an hour before bedtime, is beneficial for an individual's physical as well as mental well-being and will make the child more productive. **Exercise** helps to improve concentration and increases alertness. **Educate** the child about the importance of studying while emphasizing that 'There are no shortcuts to success.' Eating a healthy **Diet** enhances attention and memory. Finding time for **self-care** is important to manage stress and anxiety, especially during examinations.

Study skills: - Children may have different learning styles- visual, auditory, kinesthetic, and reading/writing. Knowing their predominant style of learning is very important to determine their method of learning and facilitate them accordingly. Teach them various mnemonic techniques like acrostics and acronyms, chunking, highlighting, alliteration, rhymes, etc. Mnemonics help in encoding and retrieving information from long-term memory rather than cramming, which is only beneficial in remembering information for a short period of time. The SQ3R method (Survey, Question, Read, Recite, Review) is an important tool for effective studying.

Self-Study is the Best study: - Self-studying allows children to learn more effectively at their own pace, promotes curiosity, independence, and boosts their confidence level. Reduce activities if a child has too many commitments so that there is insufficient time for self-study.

Buddy study (with some level of supervision) can be inculcated, as some children learn through teaching others and being taught by them.

Time Management: - Create a timetable with the child taking the lead. Encourage the child to estimate how long it will take to complete each assignment and plan their schedule accordingly. Divide the subjects according to the difficulty level. Studying for hours at a stretch can make it a boring exercise for your kids. Shorter blocks of study (half an hour followed by a 5-minute break or an hour followed by a 10-minute break) help to concentrate better, the brain retains the information, and minimizes daydreaming and procrastinating. During the short breaks, encourage the child to eat a healthy snack, practice some stretching or breathing exercises, listen to calming music, take a stroll, etc. Discourage the use of gadgets at this time. Before and after study sessions, encourage your child to go outside and play or pursue their interests.

Introduce the Eisenhower matrix tool to the child by giving the child a concrete example from our day-to-day situation. If a task is both urgent and important, **do it now**; if it's important but not urgent, **schedule a time later and do it**; if it's urgent but not important, **delegate** it to someone; and if it's neither urgent nor important, **eliminate** it. This also helps in teaching a child to say 'NO'.

Net in **What comes easy, won't last. What lasts, won't come easy!**

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