

HOW TO HELP CHILDREN DEVELOP GOOD STUDY HABITS

KEY CONCEPTS ABOUT EVERY CHILD

- Every child is a beloved child of God destined for greatness because through him God is going to bless the world. God gives him the resources (GIFTS) needed to achieve this.
- A mindset of “**I AM LOVED**” and “**I AM CAPABLE**” is basic to one’s psychological well being as breathing is basic to our physical well being.
- A child is raw, selfish, pleasure and present moment oriented but docile and malleable.
- To learn something is inherent in every child.

Parents’ Major Responsibilities Other Than Providing for Child’s Basic Needs:

- Discover child’s areas of giftedness
- Develop child’s gifts
- Raise child with a mindset of “**I AM LOVED**”, “**I AM CAPABLE**”
- Regulate basic tendencies/Instill discipline to develop positive attitudes/values and good habits

LEARNING BEHAVIORS EXPECTED AT DIFFERENT LEVELS

Preschool: Getting in Step

- Emerging independence
- Learning to be part of a group
- Staying on a task

First Grade: Getting Serious

- Stronger task focus
- Responding to authority

Second Grade: Learning to Think

- Becoming more abstract and conceptual
- Problem – solving

Third and Fourth Grade: Doing a good job

- Academic polish
- Planning ahead
- Developing camaraderie

Fifth and Sixth Grade: Formed Work Habits

- Formed study skills
- Development of work virtues
- Sense of excellence
- Formed work habits

WARNING SIGNS THAT PARENTS MUST WATCH FOR

PRE – SCHOOL CHILDREN

- Delayed language development
- Difficulty adjusting to a new environment
- Difficulty focusing in class

First and Second Grade

- Reading and language problems
- Fine motor skills problems
- Difficulty staying on task
- Difficulty in following a new set of routines

Third and Fourth Grade

- Poor comprehension
- Inability to grasp certain Math concepts
- Difficulty in accomplishing work on a given time frame
- Difficulty adjusting and responding to various social situations.

Fifth and Sixth Grade

- Poor oral and written skills
- Poor note taking skills
- Inability to apply Math concepts
- Slow work pace in class

HOW TO HELP CHILDREN DEVELOP GOOD STUDY HABITS

PARENTS' TASKS

1. To expect children to study
2. To facilitate study at home
3. To guide children towards the accomplishment of their study objectives
4. To encourage children in their work

TASK 1: Set Expectations

EXPECTATIONS- directions where one's behavior should go.

Ex. to be the best that one can be, to obey/follow, to do things right away, to do things without being told, to do things by himself, to pack away

Guidelines:

- Set clear, specific, age and ability appropriate expectations
- Put child into action and guide him thru
- Reward one's effort

TASK 2: Facilitate Study at Home to Set a Routine

- Set time to study and enforce this consistently
- Prepare physical environment (specify place, no distractions, regulate noise, good lighting, orderly work area, study materials on hand, visuals, etc.)
- Prepare psychological environment (ensure child's good disposition towards work, parents' presence)
- Balance study time with time for self-selected and functional activities

TASK 3: Guide Children in their Studies

Teach children HOW to study and not only WHAT to study

- Teach children to understand and not to memorize (use WH questions + HOW)
- Everyday, remind your child to recall or list down at least three details from the lesson learned in every subject. With Math, repeat the exercise given in class, Help child to avoid CRAMMING
- Work on difficult lessons first
- When studying, sequence subjects such that completely different ones follow each other. Ex. SIBIKA then MATH instead of SIBIKA followed by FILIPINO
- Take a 3-5 minute break for every 15 minutes of studying
- Help child structure his work. Ask- "What will you do first?" "How will you do it?" "How will you know that you learned the lesson well?"
- Give child practice test either orally or in writing. Have him check his work.
- Talk about how to take a test- the importance of instructions, avoid spending too much time on an item, check work before giving paper to teacher, etc.
- Talk about the assignment. Ask- "Do you understand what you are supposed to do?" "Do you need help in understanding how to do this?" "Do you have everything you need to do this?"
- Reinforce your child's strong points. Help him overcome his weak points by giving him encouragement when he is able. If he shows signs of frustrations, give a break. Help out.
- Give your child time to think and solve problems. Do not solve them for him.

TASK 4: Encourage Children in their Work

HOW TO DO IT:

- WORK on tasks 1, 2 & 3
- BELIEVE in your child's capabilities. Know up to where you can push. If he cannot, know why and see where you can help
- ENCOURAGE children to discover for themselves other motives for learning and improving
- REINFORCE/APPRECIATE your child's effort as well as his output. Speak the language of encouragement: Acceptance, Shows Confidence, Recognizes Effort, Notices Improvement

- REWARDS may be in the form of GESTURES (hug, smile, high five, posting of good works), PRIVILEGES/SPECIAL ACTIVITIES (special treats, extra time for activities like to do) MATERIALS (simple toys, food, clothes, increased allowance)
Remember: Do not always give material rewards to make child study for the non material rewards studying can give.

HOW NOT TO DO IT:

SHOUTING!!! THREATENING!!! EMOTIONAL BLACKMAIL!!!

Avoid making studying an unpleasant experience for child and strain your relationship.

Calm down, take a break, discuss consequences of not studying/doing work

BENEFITS OF HAVING GOOD STUDY HABITS

Builds positive attitudes towards work

Motivates one to aspire for more

Develops life-long learning skills (how to think, analyze data, organize work, breaking of long tasks to manageable units)

Builds confidence

SUCCESS!!!

Remember: **Success is a habit.**

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