

# Helping your child get the most out of their homework and study.

## Four Basic Principles to Enhance Study Skills

1. Make doing homework a positive experience: associate it with love and affection, freedom, fun and self-control.
2. Make homework a high priority.
3. Use homework to teach organisation skills and improve learning skills. Remember that the primary purpose of homework is to improve learning and foster work habits.
4. Set expectations for homework, then provide and enforce logical, meaningful consequences if those expectations are not met.

## Practical tips for parents

### Study Environment

- Eliminate distractions – turn off the television, put away the iPods and mobile phones, remove access to social networking and gaming sites etc.
- Designate a specific area where you can supervise them doing their study. Their area should be well lit with all the required study materials e.g. computer (with appropriate desk/chair height), dictionary, paper, pens etc.
- Computers are better placed in visible areas where you can monitor the effectiveness, relevance and safety of your child's computer time/activities.

### Planning and Organisation

- Set a routine – regularity is important for study. As much as possible, try to have your child to complete homework at a regular time each day. Including a regular reading routine is also beneficial for the development of student's academic skills.
- Encourage your child to make effective use of their diary. Ensure homework is being recorded, check and write notes for teachers, be aware of school events and so on. Sign your child's diary each week to communicate to their teachers that you have been checking it.
- Make use of the assessment calendars to help your child create a term planner that outlines due dates for drafts and assignments, exam blocks, commitments (family, church, sport, work, music etc.). Print it out and place it in a visible, communal space. Cross out activities and tasks as they're completed. Highlight significant dates. Help your child to use it to pre-plan their study times so that tasks are completed in a timely manner.

### Undertaking Study

- **Teach your child that studying is more than just doing homework** – There is a difference between studying and doing homework. Encourage your child to do things like:
  - take notes as they are reading a chapter
  - learn to skim material
  - learn to study tables and charts
  - learn to summarise what they have read in their own words
  - learn to make their own flashcards for quick review of dates, formulas, spelling words etc.

## Study time guide:

Year Level	Suggested Time Guide	Examples of Home Study Activities
Years 7-8	45 minutes x 5 times per week	<ul style="list-style-type: none"><li>• Maths homework e.g. Manga High or worksheets</li><li>• English activities e.g. spelling, English Skills books</li><li>• Reading (at least 20 minutes per day)</li><li>• Completion of set homework</li><li>• Revision of class work</li><li>• Assignments</li></ul>
Year 9	1 hour x 5 times per week	<ul style="list-style-type: none"><li>• Completion of set homework</li><li>• Revision of class work</li><li>• Reading (at least 20 minutes per day)</li><li>• Assignments</li><li>• Study for examinations</li></ul>

### Parent's roles

- Help your child with their homework if it is productive to do so. Do not complete work for them, particularly if it is a task they are capable of doing themselves. Some worthwhile tasks you can do include reading directions and checking to see your child understands the task, or checking over math problems after they have completed the work. You could also proofread your child's assignment or listen as they read their assignments aloud to help them identify awkward expression or places where they need to develop their ideas.
- Be positive about homework and study - Tell your child how important school is. The attitude you express about homework will be the attitude your child acquires.
- Ensure your child's life has a balance of activities but make sure study and homework are prioritised.
- Look for signs of frustration – if your child is angry or upset, their time won't be productive. Try to guide them, without doing the work for him. Help them to see that challenges and mistakes provide great opportunities for learning and growth. Communicate to your child that being unable to complete a task does not make them "useless" and is not linked to their worth as a person. If their frustration gets too great, you may need to step in and write a note in their diary explaining the situation to their teacher.
- Communicate with your child's teachers. Make them aware of any issues or circumstances that would help them to better support your child. Encourage your child to approach their teachers for assistance before the homework is due.
- Reward effort – If your child has been completing homework and working hard, reward him with a study break, a treat or a special event (dependent upon their age e.g. time playing outside, computer time, a reward for the holidays etc.) to reinforce the positive effort.