

What is your  
study plan?

# Supporting Study at Home



Please follow the link below and fill out our short form at the end of the session. This lets us know how many parents/carers have accessed this presentation, and is very helpful for our work. We will put this link at the end of the presentation, too.



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# Aims

## The aims of this presentation are:

- ❖ To help parents/carers know how to support their young person's learning from home, and why they're important for their learning.

- ❖ To give tips and techniques to try out to help home study, as well as information on further support available.





# Why are we doing this?

- ❖ We are all facing an unprecedented situation at the moment, with young people studying from home for a long period of time due to Coronavirus.
- ❖ If you would like more information on Coronavirus please visit:  
<https://www.nhs.uk/conditions/coronavirus-covid-19/>
- ❖ Studying from home can be a really positive experience for your young person, and you, as their parent or carer, can support them in this time.
- ❖ This session will hopefully give you some tips and techniques to help them study effectively in this uncertain time.

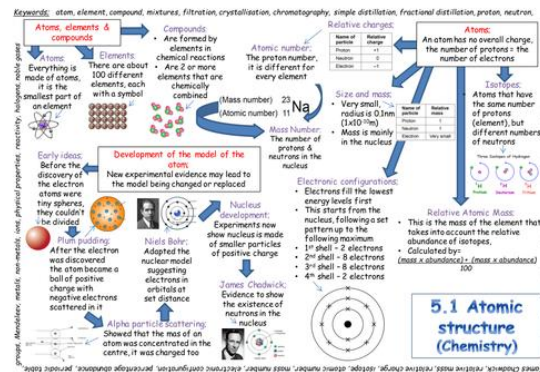
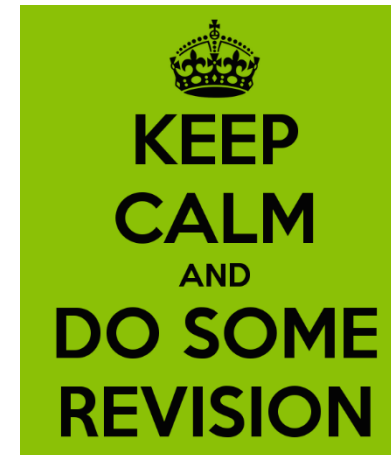
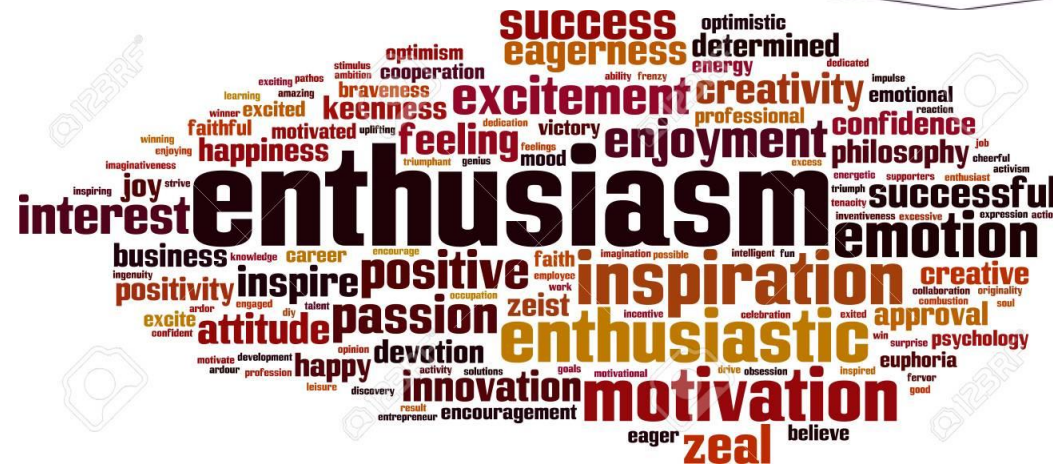


# Why you're important...

- ❖ The Campaign for Learning found that parental support is eight times more effective in determining a child's academic success than social class
- ❖ Additional support and encouragement is known to increase motivation
- ❖ No one has to be an expert!
- ❖ Key is understanding the most productive and effective ways of enhancing knowledge and increasing skill sets in particular subjects
- ❖ You are able to support your young person by creating a positive learning environment.



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# Choices

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Practising with past  
exam papers and  
exam style  
questions

Having someone  
offer to test you, or  
studying remotely  
with someone else  
(through skype etc)

Drinking plenty of  
water and eating  
healthy snacks

*Work with your  
young person and  
decide; what is your  
order of priority?*

Making a daily  
routine, including  
study time, outdoor  
time and break  
time.

Avoiding  
distractions from  
technology (mobile,  
tv, etc)

Finding a calm and  
comfortable place  
to study

Exercising somehow  
(outdoors if healthy  
and possible)

Applying good  
study techniques to  
learning each  
subject

Having all study  
materials readily  
available (stationery,  
books, notes, etc)

Avoiding distractions  
from environment  
(noises, other people  
and activities, etc)





# Tips

Be aware of the support that is on offer at school – many schools are sending out lots of learning resources, and teachers are still contactable. Learners can take advantage of that.

Extra course resources and exam study guides – take advantage of the work that teachers are sending out.

Fuel yourself, reward yourself and schedule regular breaks and relaxation



Address stress, anxiety or any other worries

Parents/carers: show a positive interest in learner's schoolwork; help them feel motivated to learn

Agree to a balance of social time (this can be done through skype or FaceTime etc.) and learning, including where compromises may need to be made



# Daily Routine

Time	Task
7.30am	Wakeup Have breakfast Wash and get dressed
8.30am	Sit down and write a list of tasks for the day
9.00am	Study/tasks
10.30am	Break/Exercise/Social time
11.00am	Study/tasks
12.00pm	Lunch
13.00pm	Study/tasks
14.30pm	Break/Exercise/Social time
15.00pm	Study/tasks
16.00pm	End of study day

At this time, a daily routine could be really important to keep your young person motivated and ready to learn.

We've made an example of a daily routine here:



There is a lot of other support available for you and your young person.

Here are some suggestions:

- ❖ **School:** As we've mentioned schools are still contactable for your young person – if they're stuck academically their teachers may be able to support.
- ❖ **DANCOP:** we are available to support your young person with any questions or concerns over Higher Education.
- ❖ **BBC Bitesize:** This website, along with many others you may be able to find, has a lot of resources covering many subjects as well as coping with learning from home.
- ❖ **Mind:** At this time, it's also really important that both you and your young person are looking after yourselves mentally. Mind is a mental health charity with lots of resources online helping to keep you mentally healthy.





# Let's think about you



Working together with your young person or parent / carer:

- Identify 2 positive changes (however big or small) you can make to support improved studying at home



# Thank you

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Thank you!

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