

10 Tips That Parents Should Do To Encourage Their Children To Study

1. Celebrate Achievements

- All academic achievements should be celebrated, not just perfection.
- If a C is normal for your child and they get a B, praise them for improving, even if it's not an A.
- Celebrate small achievements, like homework, assignment and attendance not just overall grades.

2. Ask if They Want Help

- Support is always valued even if they say "no." It shows that you care.
- If you are asked to help, try breaking down work into smaller more manageable blocks.
- If you can't help, maybe a tutor or a sibling can.

3. Don't Make Study a Punishment

- Try not to say "Turn off the TV and do your homework."
- Say something like "If you get your homework done now then you can relax while watching TV."
- Don't discourage study by attaching a negative connotation to it.

4. Comfortable Study Environment

- A comfortable environment will make studying more enjoyable and promote concentration.
- Their environment should be quiet with plenty of light, a comfortable table and chair and no distractions.
- Make sure they are not lying down or studying in a place that they normally use to relax.

5. Dinner Table Discussions

- Be engaged with what your child is learning by asking about it.
- Show an interest and encourage the enjoyment of learning and sharing knowledge.
- Lead through example by showing your own passion for the topics being discussed.

6. Regular Study Routine

- Make a study routine, this should be the same time every day to form a habit.
- Short blocks 1-2hrs max. There is no need to study for 4 hours each night.
- Remember that it takes 30 days to form a habit and only 7 days to break one. Consistency is the key.

7. Keep Track

- A study calendar is a handy tool to keep on top of school.
- Write down when tasks are due and when exams are scheduled.
- Tick off when homework is completed or break it down and tick off each section of one large task.

8. Focus on the Positives

- Focusing on effort rather than the outcome is a good way to use positive reinforcement.
- If someone studies well they should be praised and then the grades should come naturally.
- Try bringing students snacks while they are studying, this shows your moral support.

9. Prioritise Work

- If their workload is increasing and becoming overwhelming prioritise the work to be done.
- Start with ordering the task difficulty. Easiest to hardest is great for homework.
- You can also order tasks in terms of due date. This works best for exams and assignments.

10. Creative Study Methods

- Remember that traditional study methods do not interest everyone.
- Consider helping your child create flashcards, or provide highlighters to brighten up their homework.
- You could even help by quizzing them or playing true/false study games.