

## Creating a study schedule or study plan

Helping your child create a study schedule involves understanding their needs, setting clear goals, and maintaining a balance between study and leisure. Here's a step-by-step guide for parents to assist their child in developing an effective study schedule:

### 1. Assess Your Child's Current Schedule

Before creating a new study schedule, review your child's current routine to identify available time slots for studying.

**Example:** Look at their school hours, extracurricular activities, and free time. Identify blocks of time in the afternoons, evenings, and weekends that can be dedicated to study sessions.

### 2. Set Clear Goals

Help your child set specific, achievable goals for their study sessions. This provides direction and motivation.

**Example:** If your child has an upcoming maths test, a goal might be to review fractions, complete practice problems, and understand key concepts by the end of the week.

### 3. Prioritise Subjects and Tasks

Determine which subjects or topics need more focus based on your child's strengths and weaknesses.

**Example:** If your child excels in English but struggles with science, allocate more study time to science while still maintaining some time for English review.

### 4. Break Down Study Sessions

Divide study sessions into manageable chunks to maintain focus and prevent burnout. The Pomodoro Technique, which involves 25-minute study periods followed by 5-minute breaks, is an effective method.

**Example:** Schedule three 25-minute study sessions with 5-minute breaks in between for each study block.

### 5. Include Regular Breaks and Downtime

Ensure your child takes regular breaks to relax and recharge. This helps improve concentration and productivity.

**Example:** After an hour of studying, schedule a 10-15 minute break for a snack, a walk, or a quick game.

## 6. Use a Visual Planner

Use a visual planner or calendar to map out the study schedule. This makes it easy to see the plan at a glance and helps with accountability.

**Example:** Use a weekly planner to block out study times, break periods, and other activities. Colour-code subjects or tasks for better organization.

## 7. Be Flexible

Life is unpredictable, so it's important to build flexibility into the schedule. Allow for adjustments as needed.

**Example:** If an unexpected event comes up, adjust the schedule accordingly and reschedule the missed study time to another slot.

## 8. Monitor and Adjust

Regularly review the study schedule with your child to ensure it's working effectively. Make adjustments based on their progress and any changes in their routine.

**Example:** Have a weekly check-in to discuss what's working and what isn't. Modify the schedule if certain subjects need more attention or if your child feels overwhelmed.

## 9. Encourage Self-Discipline

While it's important to help create the schedule, encourage your child to take ownership and develop self-discipline to stick to it.

**Example:** Praise your child for sticking to their schedule and completing their study sessions. Gradually encourage them to take more responsibility for managing their time.

## 10. Balance Study with Other Activities

Ensure the schedule includes time for physical activities, hobbies, and social interactions. A balanced lifestyle supports better academic performance.

**Example:** Include time for sports, music practice, family activities, and socialising with friends to ensure your child remains well-rounded and healthy.

Creating an effective study schedule involves understanding your child's needs, setting clear goals, and maintaining a balance between study and leisure. By providing structure, encouraging self-discipline, and remaining flexible, parents can help their child develop a study routine that enhances their academic success and overall well-being.