Learn Smart -Be a TOP Student

(Primary School Students)

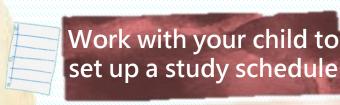
Children unwilling to do revision? Starting study time late at night?

"Let's become a 'T.O.P.' student without staying up late.

Parents can help children devise and follow their study schedule to study effectively for tests and exams!

T ime management

T ime management



rganization

Planning / Prioritization

- Devise a study schedule and link it with a reward plan
- Set a time limit for each task
- Use a timer to help focus

- Appropriate breaks are essential Allow brief breaks or relaxing activities in-
 - Decide with your child beforehand the duration between tasks
- of breaks and what activities could be done, e.g. listening to music, having a drink, doing some stretching exercises.



	Stretcin		
Time		Task/ Activity	
10:30 -10:50	(20 mins)	Revise Chinese	
10:50-10:55	(5 mins)	Break	
10:55-11:15	(20 mins)	Revise English	
11:15-11:20	(5 mins)	Break	
11:20-11:40	(20 mins)	Revise Math	

Managing the "Distraction Gremlins" improves attention to achieve efficiency

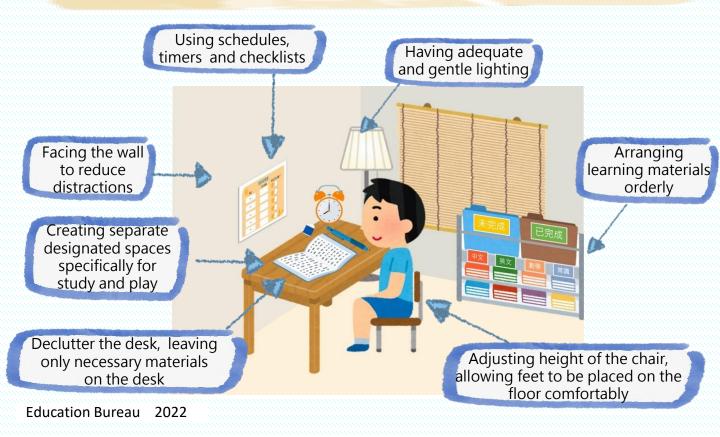
O rganization

Children with AD/HD are often distractible and hard to sustain their attention when studying. Try to find the "distraction gremlins" hidden in the picture below!





Parents can organize a distraction-free study environment to help children focus more on studying and to be away from "distraction gremlins".



Planning / Prioritization

minutes

Break down tasks

- Break tasks down into smaller pieces according to your child's ability.
- Modify the schedule so that your child engages in tasks that require much concentration during periods of sufficient mental energy.





Break tasks down

- 1. First spend 5 minutes to read aloud chapter 3 of the Chinese textbook
- 2. Then work for 10 minutes on dictation
- 3. Lastly do sentence completion in 10 minutes

Become a timetable designer

Time		Task/ Activity
	minutes	
	minutes	Break
	minutes	
	minutes	Break
	minutes	