

Learn Smart - use of REAP to Accomplish Goals (Primary School Students)

How to effectively coach your child to set up and accomplish targets

Use of REAP

Children with AD/HD often find it hard to sustain efforts and work towards goals . How can parents help them?

Parents and children can adopt the REAP approach, which stands for Review, Evaluate, Anticipate and Plan, to set up systematically a daily practice to follow through plans and use strategies to accomplish goals, making tasks achievable. Let us learn from the following example on how to use the REAP approach!

Hope your child develop good learning habits?

Try using REAP with him/her to set up "a holiday study plan"!

REVIEW

1

Review the previous targets set by your child



Remember what the holiday study plan you set up last week?

I remember. To revise 4 main subjects once every 2 days and to spend half an hour for each subject.



EVALUATE

2

Evaluate success / failure of previous plan, including difficulties and methods tried



How well did it go ?

It was too boring doing the revision. My body just moved, played with toys, and I finally went to sleep.



I see. It's sometimes pretty boring when doing revision. What other ways did you come up with to help yourself? Did they help?

I tried drinking some water which made me feel better, and I was able stretch myself too.



ANTICIPATE

3

Talk about what your child plans to accomplish in the coming time period, anticipate possible difficulties and ways to overcome.



Looking ahead, what are your new goals for next week's study plan?

Perhaps I will try putting away the toys before studying.



Great ! This helps you less distracted by toys! What else do you think you can do better?

I think I will give myself a break after finishing each subject. Having a stretch also helps.



PLAN

4

Help your child to set up concrete goals and plan how s/he completes each task.



What time of the day do you think is best for you to do revision?

I feel tired in the evening, so I will try doing revision in the morning.



Really appreciate that you know yourself well! What if you still find hard to concentrate, what can you do?

I can talk with you, or use a timer to remind myself to follow the plan.

