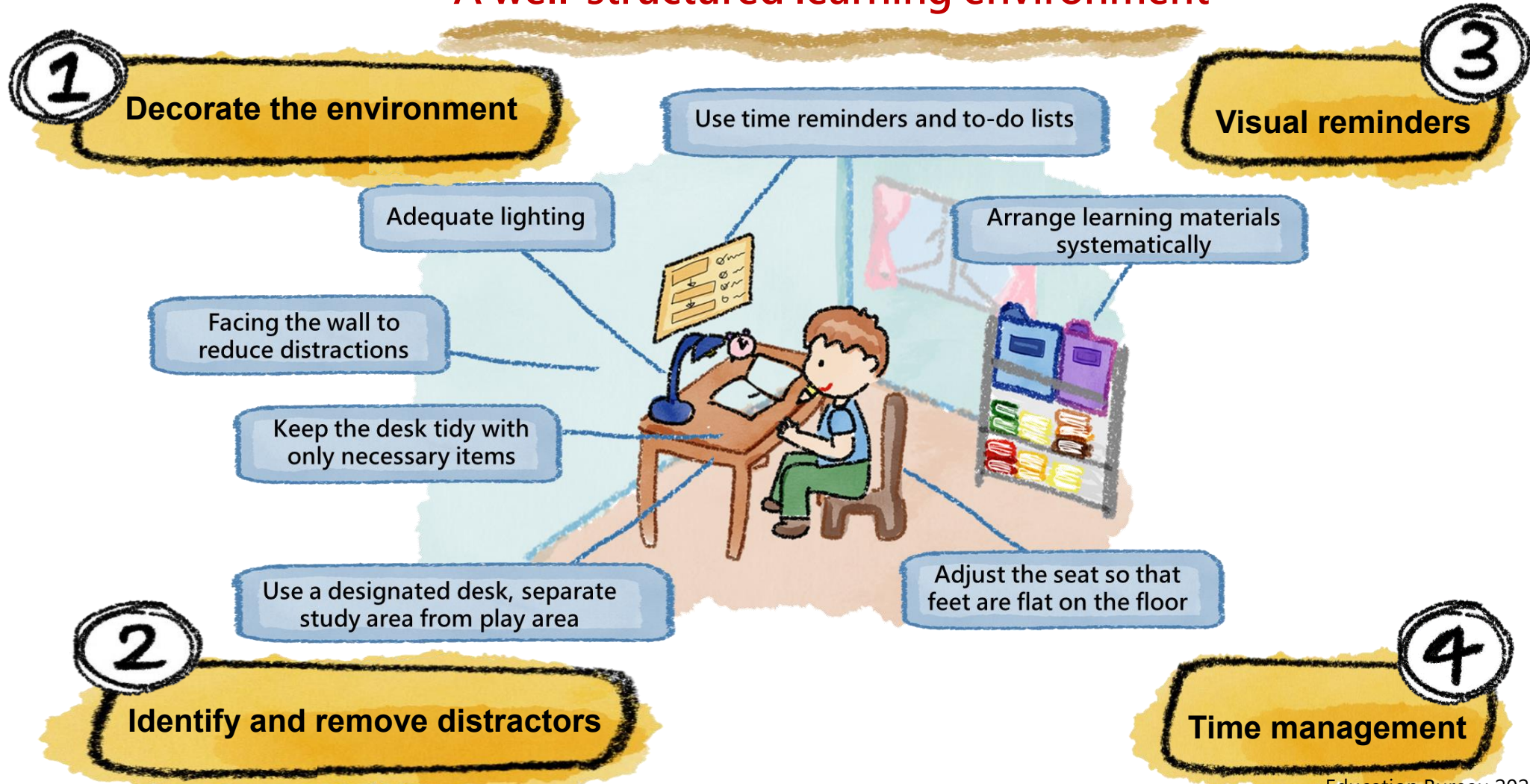


### 3. Develop Good Learning Habits



We can all slow down a bit during the long summer vacation. As parents, you can also make good use of this opportunity to help your children develop good habits managing their homework and study. The below four strategies can help enhance children’s learning effectiveness.

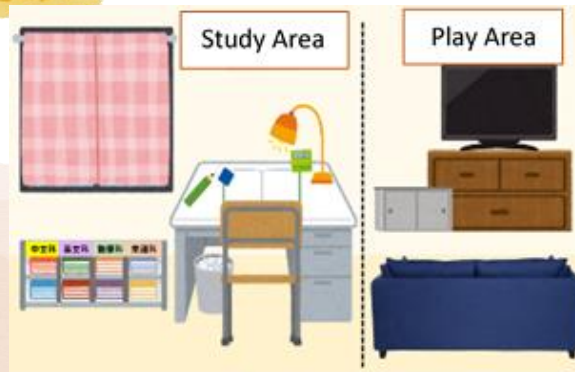
## A well-structured learning environment



# 1

## Decorate the environment

Reduce distractions to develop a **well-structured** learning environment



### 1. Decorate the study area

- Keep the environment **quiet**
- Ensure **adequate lighting**
- Close the curtains to block outside stimuli

### 2. Prepare a suitable set of desk and chair for learning

- Reduce extraneous stimuli **by placing the chair to face the wall**
- Adjust the height of the seat so that the children’s feet are flat on the floor or foot-rest to keep a proper sitting posture

### 3. Study desk

- Keep the desk **neat and tidy**
- Put only necessary items such as textbooks, assignments and stationery on the desk.
- Arrange learning materials in a systematic way.





## 2

### Identify and remove distractors

- When your children are doing assignments or revision, **remove unrelated items** to avoid distraction.
- **Guide your children to identify distractors** and place them in suitable places, such as toys and smartphones, books and paper that are not necessary.
- Keep the desk neat and tidy with only necessary items.
- Minimal use of fancy stationery.



## 3

### Visual Reminders

- Teach your children to **use visual reminders in words or pictures** to remind them of work procedures in order to stay focused.
- Provide visual reminders in pictures or photos with brief written descriptions.
- Post them on the appropriate place.
- Suitable number of visual cues.
- Children may take part in designing their own reminders.



4

## Time management

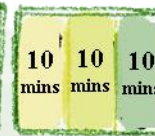
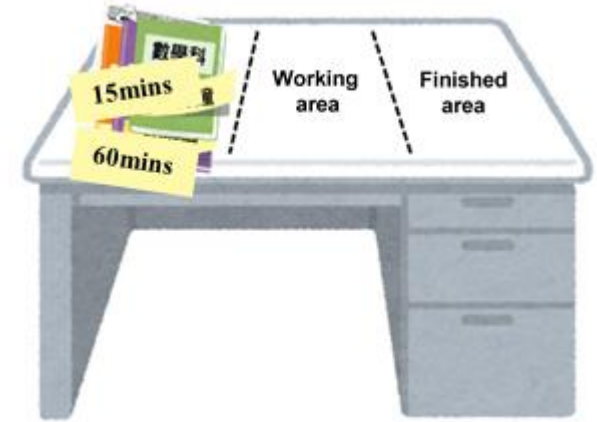
### Help your children:

- develop a **regular** daily routine
- improve **self-management** ability
- **avoid habit of procrastination**
- develop sense of time

Put all homework on desk.



Estimate the time needed for each one.



- **Help children make a plan** before doing assignments or studying.
- Support children to **arrange the sequence of work** according to their ability and interest, **break down difficult tasks into small parts** and estimate the time needed for each task.
- Provide support to **keep track of the progress** and stay with your children to complete difficult items of work
- **Allow your children to take a short 5-minute break** after they have finished parts of their work. They may do stretching, drink water, or wash their face, etc.
- **Discuss with them** what they want to do during breaks and their desired rewards after completing a task.
- **Set clear rules for the break**, such as ‘No vigorous activities’.

### Small tips

- Discuss with your children a sequence to complete the assignments with regard to their ability and interest.
- Have your children tell you the sequence again.
- Arrange the assignments by the sequence to complete.
- Design a flow of work.
- Use a timer to understand the progress.

