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## **Encouraging Good Study Habits In Kids**

**By Lily Morgan**

Getting your children to study can be a little like getting them to eat their vegetables. It may seem like an uphill climb and you may think that nothing will work when it comes to getting your kids to hit the books. There have been a lot of changes to the way kids can learn, however, that can help make your job a lot easier and can even make learning fun!

One of the best ways to establish good study habits for your kids is to set up a routine that they follow. Make a study time and have it at the same time every day. This will help your kids to learn to schedule their day and will give them a sense of control over how they spend their time.

Allow them to study in blocks of time, such as for half an hour with a five minute break in the middle. Hold them to the schedule they create for themselves. Ideal study times are after dinner or right after school before dinner.

Get your kids to turn off the television more often. Some kids will want to watch TV right when they come home from school, plunking themselves on the couch with a big bowl of potato chips. Try to curb this bad habit by offering some sort of reward for hitting the books early. Television makes kids turn passive and shuts them down. Instead, use incentives to get your kids moving!

Never allow your children to study in front of the television, as that will encourage passive activity and will not stimulate educational patterns. Instead, use TV as a treat or a reward for when the homework is completed.

You'll also need to help your kids find the right place to study. After you've established a good study time for little learners, set up a good place where they can get those creative juices flowing. Pick a place where your children can study properly. Make sure there is a table or a desk and a comfortable chair.

You don't want your children lying down on their beds to study, as this is a place that is generally associated with sleep. If you don't have a desk in your child's room, it might be a good idea to invest in one. Get a good sturdy office-style chair, too, so that your child will be comfortable.

Finally, spend time when your kids when they're studying. This includes helping them out with their

homework on occasion and being there for them with the answers to any questions. The input you give your children during study periods will help form a bond and help make studying enjoyable.

This may mean that you'll have to do some homework of your own, of course. Use the time to read up on a new hobby, learn a skill that you've been wanting to for a while, or even just to read a book. Keep the mood light and offer lots of encouragement, too, as your children will love the attention and the fun that they can have studying with you.

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## The Quick and Easy Formula For Developing Good Study Habits

By Frank McGinty

I bet there are times you're frustrated about the hit-or-miss quality of your kids' home study. Good study habits are essential for progress, and without them children can very quickly fall behind - and if they fall too far behind, they may be tempted to drop out. How would you like to help your kids in this vitally important area - so that you can relax and let them get on with it?

### Step 1

Help your kids see 'What's in it for me?' This is the key to motivation. Our biggest impulse to do anything is the promise of some reward or benefit for ourselves. Let's face this fact of life and use it appropriately.

For your kids the benefits of good study habits will be success in their education and life prospects. But that won't impress the average teenager!

Certainly, make them aware of it, but why not set something more tangible, like some enticing and juicy goals? What do they want? A new computer? An increase in their allowance? If it can be something you were planning to give them anyway - but they don't know that yet! - use it as leverage. If it's something they're saving for, you could promise to help out when they've shown you proof of their new study habits.

Study is hard work, and that doesn't come easily to the human spirit. We need all the help we can get! And don't underestimate the importance of your praise and admiration for their improvement. For many kids that's the best reward they can get.

### Step 2

Once they're motivated, stress the importance of paying attention in school. They'll find study sessions so much easier if they've done the necessary preparations: they've listened in class, taken part in discussions, taken notes, concentrated on reading assignments and so on. In short, they come to their home study sessions prepared and ready to go.

### Step 3

Be aware that different people have different learning styles, so the same methods don't work for everyone: some learn best by reading, others by listening, others by doing things. Make allowances for these differences and encourage your kids to experiment to find their preferred learning styles. If this is new to you, your school will be able to give you more information.

### Step 4

Similarly, people have different preferences for their learning environments. Scientific studies show that some kids assimilate knowledge better and faster while music is playing - yet for others this is a complete distraction. Some kids like to sit up straight at a desk - while others like to stretch out on the floor. Whatever their preferences, everyone needs fresh air to breathe and a comfortable - but not too

comfortable! -temperature in the place of study.

#### Step 5

Children with kinesthetic and visual learning styles may need such things as graphs, charts, diagrams, and images, rather than simple books, notepads and pens. Discuss this with them and be prepared to invest in appropriate equipment if that's what it takes to get the best from their study.

#### Step 6

The most important consideration is the provision of a place free from distractions. Don't be afraid to lay down the law here! TV, 'phone calls and the like are OUT during study time. Build this in as part of the contract or agreement you make regarding benefits or rewards. (Remember, however, that background music - not TV - can actually help some kids.)

#### Step 7

Pay heed to the best times for study. Before meals isn't usually good, as hunger pangs can get in the way of concentration and reduce energy levels. Straight after a big meal isn't good either, as we tend to feel less energetic and more lethargic. A snack to stave off hunger pangs is good for concentration, as is drinking sufficient water to keep the body comfortably hydrated.

Kids need to know more about how to get the most from their time in school, but by helping your children to apply these seven steps for good study habits, you'll be making a huge investment in their futures.

At his website <http://www.FamilySoftShop.com> Frank McGinty offers lots of advice on study skills, education and parenting matters. Drop by and pick up a free report on how to help your kids develop Concentration Skills.

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