



@Causeway\_Edu

**Before we get started.....**

Please check that you have a copy of: **Effective home learning - Student Booklet.**

# Effective home learning

Year 11



# Session overview

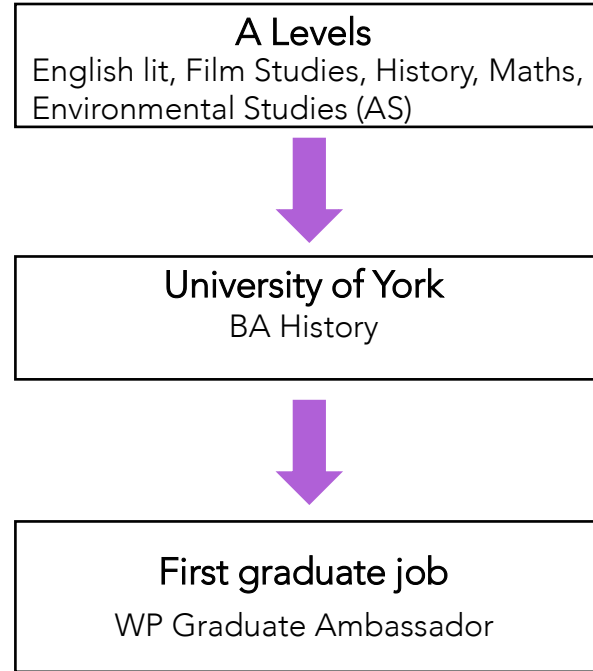
- 1 | What are some of the main issues with working and learning from home?
- 2 | How can you manage your time more effectively when working/learning at home?
- 3 | How can you improve your concentration when working/learning at home?
- 4 | How can you avoid procrastination when working/learning at home?



# About us

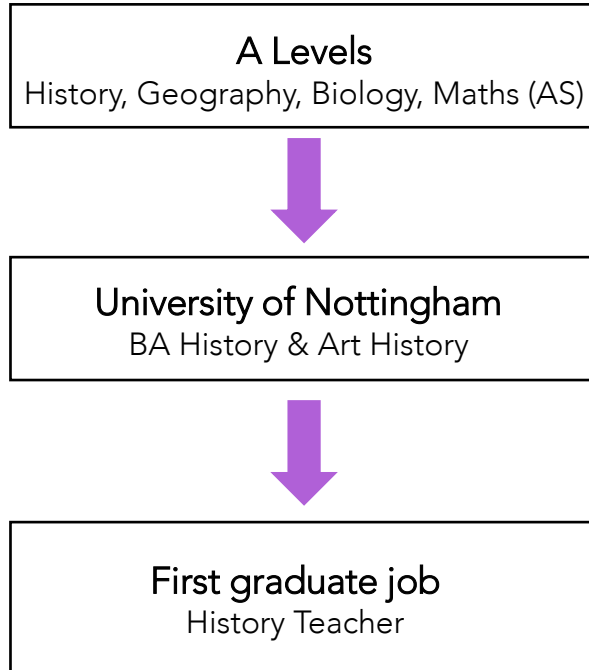


**Ed Hill**  
Programme Officer





# About us



**Katie Buckingham**  
Head of Programmes



**1. What are some of the main issues with working and learning from home?**



# What are the issues/challenges of working and learning on your own at home?

- Think about what you have found challenging over the past year when trying to study and learn at home on your own.
- Mindmap these ideas in your booklet (page 2) – think of as many as you can.

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# What are the issues/challenges of working and learning on your own at home?

We asked the Causeway team this question.

Let's see if they came up with the same issues as you.



**2. How can you manage your time more effectively when working/learning at home?**





# Map out what needs to be done and when

- Create a structure for yourself
- You can do this by creating a timetable.
- But how do you create an effective timetable?
- Let's watch this short video.





# Map out what needs to be done and when

**Timetabling activity** – go to pages 3-5 in your booklet

1. Look at the 2 examples of students' timetables
2. How could each student change/improve their timetable?
3. Rewrite the timetable for one of them.

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Student A's timetable					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Football	Pick up sister and brother	Football		Football
PE Homework			English Revision		Art & Design Project

Student B's timetable						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning		Maths Revision		English Revision		Maths Revision
Lunchtime	Maths Revision Class	Maths Revision Class	Business Revision Class		History Revision Class	
After School	Science Homework		English Essay	Maths Homework		Biology and Chemistry Revision
Evening	French Revision Maths Homework	Spanish Homework	RE Revision Business Assignment	History Essay Science Homework	Business Assignment	English Essay





# Set SMART goals

To make sure your goals are clear and reachable, each one should be:

- **S**pecific (simple, sensible, significant)
- **M**easurable (meaningful, motivating)
- **A**chievable (attainable)
- **R**elevant (reasonable, realistic, results-based)
- **T**ime bound (time-based, time limited)





# Set SMART goals - Example

“I will complete all of my homework/coursework assignments this year at least one day before they’re due to avoid rushing through any work. To do this, I will list all of my homework/assignments in order of their due date and work through them accordingly. I will spend 30 minutes every Sunday night determining which projects need attention during the week ahead.”

Specific	The specific goal set is to complete all assignments one day before they’re due.
Measurable	The goal setter will know his progress with the passing of each assignment’s deadline.
Achievable	By being organised with a list of assignments and a schedule for completing them, the goal setter has made an achievable goal.
Relevant	Finishing projects before they’re due is an appropriate way to avoid handing in work that has been hurried.
Time bound	There are 3 parts to the deadline 1) one day prior to each assignment’s due date 2) every Sunday night 3) the end of the school year.

**Task:** Now have a go at setting yourself a SMART goal – it could be linked to the remaining time you have left in Year 11 and how you might prepare for exams/assessments, or it could be looking further ahead to your next steps- perhaps 6<sup>th</sup> form or college. Go to page 6.

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**3. How can you improve your concentration when studying/learning at home?**

# Tips and techniques

- Create a workspace you enjoy being in
- Remove phones and games consoles from the area
- Take regular breaks, away from your screen, maybe to do some exercise
- Try to synchronise your study time with friends (e.g. schedule breaks at the same time as them to motivate yourself)
- Try the Pomodoro Technique

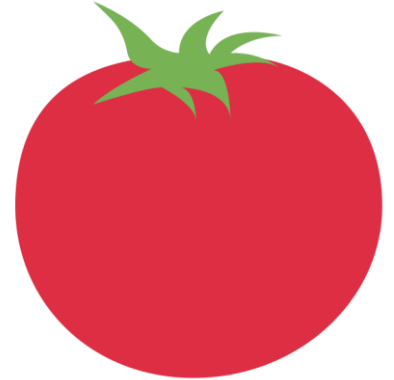






# The Pomodoro Technique

This is a popular time management method that gets you to alternate “pomodoros” – focused work sessions – with frequent short breaks to promote sustained concentration and prevent mental fatigue.



## The Pomodoro Technique might work for you if you...

- Find little distractions often derail the whole workday
- Have lots of open-ended work that could take unlimited amounts of time (e.g., studying for an exam, research for a blog post, etc.)





# Struggling to concentrate

## Task:

- Go to page 7 in your booklet.
- Read the scenarios.
- Answer the following questions:
  - Why is the student struggling to concentrate? What are the issues?
  - What would you suggest they do to improve their concentration?

# PAUSE HERE



# Struggling to concentrate

## Joanne

Joanne has been studying hard this month. She starts working on homework every evening when school finishes until she goes to bed. Sometimes she stops for dinner with her family but quite often she skips dinner to allow enough time to cover everything.

She has decided to stop going to basketball training on Monday night because it is more important to spend the time keeping on top of her work. She has also stopped going to the park with her friends on Saturdays because she needs to stay at home revising.





# Struggling to concentrate

## **Emmanuel**

Emmanuel has been following his study timetable for the last month. He has been really enjoying all his subjects and loves the time to explore it in depth. He often finds extra things to read on the internet which leads to watching interesting YouTube videos and listening to podcasts which link to the subjects.

Having his phone handy means, he can keep in touch with friends to share the resources and even check social media whenever he feels like it. But he does find it strange that even following his timetable he doesn't always have the assignments done on time.



**4. How can you avoid  
procrastination when  
studying/learning at home?**



# Tips and techniques

***“If it's your job to eat a frog, it's best to do it first thing in the morning. And if it's your job to eat two frogs, it's best to eat the biggest one first.”***

- What do you think this means?
- What do you think this has got to do with procrastination?





# Eat the Frog Method



- Productivity consultant Brian Tracy named the Eat The Frog method after a quote from Mark Twain
- Identify one important task for the day and do it first
- You don't put up your feet and call it a day once you've eaten your one frog
- You'll still work on other things, but your most important (often your most difficult task that requires the most energy and focus) will be prioritised first before all those other less-important-but-more-urgent things get in the way.



# Why does Eat the Frog Work?



- It's human nature to overestimate what we can get done in a day. We often end up feeling like we're constantly behind and failing to keep up.
- When we feel bad we're more likely to avoid what's making us feel bad in favour of things that boost our mood in the moment (i.e. procrastination)
- Eat The Frog forces you to focus on less, even when you know you can do more.
- Following the method means you'll be making progress on something meaningful on a daily basis.





# Plan your frog task for tomorrow – page 8

## 1. Decide on your frog

Also known as your Most Important Task (MIT). This task is often important but not urgent.

## 2. Pick something you'll be able to complete in 1-4 hours

A clearly defined, realistic task will make it easier to get started and not procrastinate on.

## 3. Break it down into smaller steps if needed

For example, in order to complete the task “Write essay”, your frog for today might be “Complete essay plan”.



**Task:** Go to page 8 in your booklet and take some time to plan your “frog” for tomorrow.

PAUSE HERE



# Useful links

**The Pomodoro Technique:** <https://todoist.com/productivity-methods/pomodoro-technique>

**Eat the Frog:** <https://todoist.com/productivity-methods/eat-the-frog#what-is-eat-the-frog>

**Effective timetables:** <https://youtu.be/687p04jRDd4>



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**Thank you**