Effective home learning

Student Booklet

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

Task: Add your thoughts below:

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

Task:

1. Look at each of the 2 examples of student study timetables.
2. How could each student change and improve their timetable?
3. Rewrite the timetable for one of them in the blank space on page 5.

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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 |

**Key:**

Study

Extra-curricular

Other commitments

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| **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 RevisionMaths Homework | Spanish Homework | RE RevisionBusiness Assignment | History EssayScience Homework | Business Assignment | English Essay |

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| **Morning** |  |  |  |  |  |  |  |
| **LUNCH** |  |  |  |  |  |  |  |
| **Afternoon** |  |  |  |  |  |  |  |
| **After School** |  |  |  |  |  |  |  |
| **DINNER** |  |  |  |  |  |  |  |
| **Evening** |  |  |  |  |  |  |  |

2. (b) SMART Goals

Task: complete the table below to create your own SMART goal

|  |  |
| --- | --- |
| **S**pecific  |  |
| **M**easurable |  |
| **A**chievable |  |
| **R**elevant |  |
| **T**ime bound  |  |

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

Task: Read the scenarios below.

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?

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.

|  |
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| EmmanuelEmmanuel 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?

Task: Plan your frog task for tomorrow

Remember:

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”.

Your frog task:

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>