



# OUDE MOLEN

## ACADEMY OF SCIENCE AND TECHNOLOGY

Powerhouse of Engineering Education

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Dear Parents - 'Newsletter 2' with a difference after a wonderful Athletics day! Our learners were stars! See the website for pictures, please.

### 11 Essential Study Tips - For Parents, adapted from *Teachers' Monthly*



#### 1. Determine what type of learner your child is.

Visual, auditory or kinaesthetic? Don't know what these terms mean? Well you should, because your child will generally fit into one or two of these learning categories. Understanding what type of learner your child is can help you help them. A Visual preference is obvious; auditory is a preference for learning through sound and the other is learning through movement. However, using as many senses in learning reinforces the process

#### 2. Find a study method that suits your child.

Drawing mind maps, colour-coding important information, creating flashcards, making and listening to pre-recorded notes, and making and watching slide presentations with relevant notes, are some ideas you should try with your child. He or she will benefit from using these methods, and through some trial and error, you'll find effective study methods for different subjects that your child feels very comfortable using. And as soon as your child is comfortable with studying, you've already won half the battle. Repetition is the best way to learn – it's how we develop pathways in our brains.



#### 3. Provide a space to study.

Some children need to move around while studying, and others need a quiet sanctuary with a desk. If your child moves while studying, don't keep them holed up at a tiny desk. Make sure that the area they use is available whenever they need to study, even though it may be an inconvenience for you to forgo some space at home for a while (or often!).

If your child prefers the solitude of their bedroom, it is certainly not advisable that he or she learns on their bed. Ensure that the door is open, and that the cellphone and computer are not on social media. Studies have shown that merely having a phone that is on is a distraction.

#### **4. Organise the work before starting to study.**

Before studying, make sure your child understands the work to be studied. Break it up into smaller sections and make sure notes are organised and accessible.

#### **5. Set a study time span.**

Determine a time span that your child is able to concentrate and study for. 20 – 25 minutes is preferable, followed by a short break. Set a timer for this – a kitchen timer works wonderfully. When time is up, ask your child a few questions to determine if what has been learnt has been retained and mastered. You can also set a short test. Once you're satisfied, let your child continue with the next section of work. Children find it beneficial to study the same sections of work over and over, during the course of a few days, until they know it very well. A once-off study session is never conducive to successful marks and can lead to panic or going blank.



#### **6. Create a timetable.**

Draw up a daily timetable including weekends. It should be visible and realistic so that your child knows what is expected of them on a daily basis. This is a non-negotiable, and you as the parent have to be strict about this. Remember, you are the adult!

#### **7. Teach them how to make sacrifices.**

Children must learn how to prioritise life, especially during exam time. Teach your child that it's a part of life to make some sacrifices to gain a good result.

#### **8. Be prepared to make your own sacrifices.**

As a parent, you'll need to learn to make sacrifices of your own. Before and during the exams, especially, don't book time away. Eliminate as much stress as possible by creating an environment conducive to effective learning. Be available to your child, motivate and encourage them, and make sure that there are healthy non-sugary snacks available and that they have plenty of water to drink. A good night's sleep is also very important - normally 8 – 10 hours a night.

#### **9. Empower your child with a sense of achievement.**

Help your child to be prepared for tests and exams by regular work and study so that when they walk into an exam situation they are in control and confident. Make sure they have all the relevant stationery they need.

#### **10. Remember that each child is naturally different.**

Reflect on your child's individual needs – personality, self-esteem, resilience and staying power. Don't be influenced by tales of friends, and don't be afraid to ask your child's teacher for advice.

#### **11. MOST IMPORTANTLY: Your child needs you to set high standards.**

You'd be disappointed if your child did poorly during an exam. Likewise, make sure you don't disappoint your child by being disorganised and unprepared. You're the adult and you are ultimately the person your child is going to look to as a role model. Always be prepared and organised. Make sure your child gets to school on time, and create a calm, supportive environment at home.