# SELF-MANAGEMENT SKILLS

### **HOME LEARNING AND STUDY**

As you progress through school it is important for you to complete some learning sessions at home.

This is made up of two parts:

- Home Learning allows you to finish your classwork and gives you the opportunity to do your own learning on things that interest you.
- Study/ Revision storing what you have learnt in your long term memory by revisiting it using Thinking Tools, making summaries and colourful Idea Maps
- A Home Learning and Study Session is 30 minutes
- 20 minutes full on, no break
- 10 minutes break.

Make the most of technology; put reminders in your phone of when to begin and end these sessions.

You need to do at least **one** session each night.

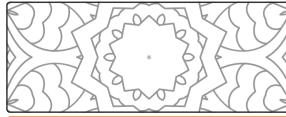
Fill out the home learning timetable on page 144.

Set an alarm for yourself.



# **BOOKS READ THIS WEEK** TITLE PAGES TIME MONDAY TUESDAY WEDNESDAY THURSDAY **FRIDAY** COMMUNICATION/COMMENTS SIGNATURES: PARENT/GUARDIAN **TEACHER**

#### MINDFUL COLOURING



## **WELLBEING TIP**

Aim to read about a happy and successful person each month.



WHAT WENT WELL THIS WEEK AND WHY?	S
1.	_
2.	_
3.	_

THINGS TO DO	WEEK:	<b>JULY 2019</b>
22 MONDAY		
23 TUESDAY		
24 WEDNESDAY		
25 THURSDAY		
26 FRIDAY		VALUE FOR LIFE
		CHALLENGE