

SELF-MANAGEMENT SKILLS

HOME STUDY AREA

To optimize your home study effectiveness, have a **special place** set aside for your home learning.

Ideally it should be:

- appropriately lit
- comfortable, neat and efficient
- away from distractions and interruptions
- quiet (no loud music).

Where possible have your study area adequately **resourced:**

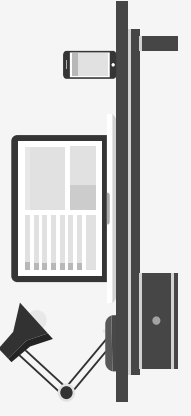
- a computer close at hand
- well equipped with stationery
- a bottle of water.

Always aim to study in the same place at home or in the library. Being consistent will create a pattern in your brain and a good habit.

When studying stay hydrated and dress comfortably. **Do not** study in bed as your brain relates bed to sleep not study.

Remember to get up and move in your breaks. This will help you to clear your mind before moving onto the next topic or task.

Be aware of and avoid the things that make it difficult to study.



ACTIONS
 What are two things that I will start doing to improve my home study area?
 1. _____
 2. _____

DIPLOMA PLANNER PAGE 28

SELF-MANAGEMENT SKILLS

HOME LEARNING AREA

To **learn effectively at home** it is vital to have a special place to study.

Your study space should be a place you feel you can concentrate and focus, where you can **think** without distractions.

Don't study on your **bed**, your mind relates bed to sleep. Therefore if you try to study in bed your mind will also relate study to sleep and you will feel tired as soon as you start studying.

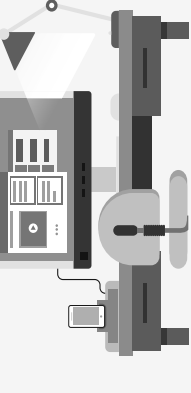
Keep your **learning area:**

- colourful; colours stimulate your brain
- well **organized**
- well equipped with pens, rulers, erasers and paper
- supported when possible with a computer, tablet or any other technology that will help your learning.

Put your home learning **goals** for the week up in the room and mark off goals as you achieve them. This will help you celebrate your learning successes and keep you **motivated**.

When reading for **leisure** don't use your learning area, keep it **exclusively** for study and home learning. This will help you to separate home learning, a **must**, from **options** such as reading for leisure.

Feel **good** about being **organized** and in **control** of your learning.



ACTIONS
 What are two things that I will start doing to improve my home learning area?
 1. _____
 2. _____

MIDDLE YEARS PLANNER PAGE 28

SELF-MANAGEMENT SKILLS

HOME LEARNING AREA

At home it is important for you to have a place to study and do home learning.

Ideally it must be:

- quiet
- well lit
- well ventilated
- comfortable
- neat
- colourful.

Be well **organized** with pens, rulers, paper and where possible a computer.

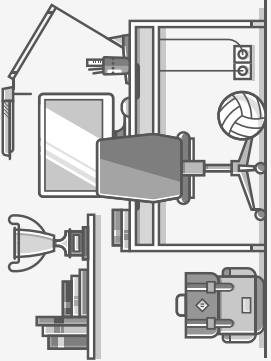
Don't study on your bed. Your mind associates bed with sleep not learning. Don't study with the **TV** on or loud music. Keep distractions to a minimum.

If you need some sounds and not complete quiet, try relaxing, calming music on a device.

Put up posters of things you want to remember.

If possible keep it just for Study and Home Learning.

Feel **good** about being in control, it's a great way to be.



PRIMARY YEARS PLANNER PAGE 24

TERM:	WEEK:	DAY:	PRIORITIES / MEETINGS	✓
Classroom management expectations/agreements				
Before any class discussion takes place it is essential to practise with a colleague/s:				
– how to put "negotiate" into the process				
– how to empower feelings of student ownership				
– how we express non-negotiable expectations				
– how we work towards consensus agreements.				
None of us means to get it wrong at times, and talking about our core business will reduce this occurring.				
Anthocyanins which benefit memory are found in plums, blackberries and red cabbage				

PREPARATION AND FOLLOW-UP:
