

# 5 WAYS TO STOP YOUR CHILD FROM FALLING BEHIND & GETTING LOST IN THE CLASSROOM



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# 1. IDENTIFY IF YOUR CHILD IS STRUGGLING.

One of the biggest signs that your child is not engaging in their studies is procrastination. We've all done it, and it can range from lasting for 5 minutes, to lasting for hours. We can procrastinate by getting distracted on social media, we can procrastinate by taking longer to do simple tasks, we can procrastinate by even just sitting at our desk staring at the wall, or out the window.

## Things you might hear your child say are:

- I'm so bad at maths
- I don't have time to do my homework
- I don't get it
- The other kids are smarter than me and just seem to get it
- Even if I do study, it doesn't make any difference
- I hate school
- My teacher doesn't like me

If you notice your child saying these things and being unable to focus, or not knowing WHAT to focus on, they need strategies to gain structure and direction. Here are some simple ways you can support them to get started on this:



- Have them clear their desk and study space.
- Show them how to either put their mobile phone on 'do not disturb', turn it off, or put it in another room.
- Disable their social media notifications on their laptop.

## 2. IDENTIFY WHERE YOUR CHILD IS STRUGGLING & WHY THEY ARE PROCRASTINATING.

In this step, have your child write down a list of which areas/subjects they feel they need to work on. Don't coach them on it yet, just let them write down their own answers.

**Ask them questions like:**

- How do you feel about that subject?
- Do you ask questions about that in the classroom?
- How do you feel about your teacher in that subject?
- Are you struggling to answer questions in the classroom?
- Are you completing your homework?
- If you're struggling with homework, is it because you don't know how to answer the questions, or because you aren't able to complete it due to time restrictions/organisation?
- How do you prepare for your exams in this subject?
- Is this preparation getting you the results you want?
- What solutions could YOU come up with in these areas?

## 3. PRIORITISE

Have your child create a list of everything they need to complete in the next 2 days, the next week and then the next month.

Students can often feel overwhelmed when they need to complete homework, revise past work AND prepare for upcoming assessments and exams. Having them sit and actually write out the work they need to complete, and estimate how long it will take to complete each task, will help them organise what tasks are the most important and how much time they need to allocate for each. Get them to be as specific as possible.

For example, rather than saying 'maths homework', they should say exactly what it is eg. '20 practice questions from p.25 of textbook' or '1x past exam paper'.

This will help them clarify how long each task takes, and reduce the time they waste when they actually sit down to complete tasks. Having these items as a list they can 'check off' is also a great way for them to experience making progress and accomplishing their goals.

## 4. CREATE A PLAN.

Once students are clear about **WHAT** they need to complete and how long each task will take, work with them on creating a schedule. Start by having students write down all their activities outside of study, **including** leisure and break time. After doing this, they will see how much time they have available to fit in extra study and work time.

The most beneficial thing about having students clarify **what** they will complete, and **when** they will complete it, is that they won't waste time sitting down and procrastinating on where to start.

Click here to access our study skills resource that can support you with this:

### Stage 3 (Years 5 & 6)

<https://drive.google.com/file/d/1-HiXUjq7HhwS13RRErq6r1IC15GwZMre/view?usp=sharing>

### Stage 4 (Years 7 & 8)

<https://drive.google.com/file/d/1-DMfVXV3dvgx9m956471Nfujj7-4dKKs/view?usp=sharing>

### Stage 5 (Years 9 & 10)

<https://drive.google.com/file/d/1-CMjS3KonZ1wxPUTVZf7blcsXhtqQSqw/view?usp=sharing>

### Stage 6 (Years 11 & 12)

<https://drive.google.com/file/d/1-EiR0PSPq4HNupl3DBm5LnrGYvP73hLr/view?usp=sharing>



# 5. REVIEW & REWORK THE PLAN

Students should make a note of how long tasks actually ended up taking, and make adjustments to their lists and schedules accordingly. If they felt they needed longer study breaks, or hadn't scheduled enough time for physical activity, leisure (or had scheduled too much time for these!), they should make adjustments accordingly. There is no perfect way of doing this, it's a trial and error process.

**Tip:** See if they can make it a bit more fun using colours and being creative! They could have a big whiteboard in front of their desk with lots of different coloured markers to fill in their tasks. They could have the checklist next to it where they can put a big TICK when completing something. They could have a 'vision board' of how they want to feel about school and in their lives - happy, confident and organised!

## Check out some fun ways you can use apps to help organise yourself!

### Habitica

Habitica is an app that turns your goals into a fun game. It makes it more likely that you'll stick to your goals and enjoy the process too.

### MyStudyLife

This app replaces a planner and helps you organise your schedule, tasks and exam preparation. It also sends you reminders of upcoming events.

### KeepMeOut

KeepMeOut is an online tool that prevents you from visiting distracting websites too often. It will help you concentrate while you're working.

At Ignite Your Learning, we understand that students can fall behind in the current education system, and are often capable of achieving more. Since 2003, our tutors have been providing structure, direction and support to students from Year 3 all the way up to Year 12 that not only focuses their learning, but motivates them to achieve results they never thought possible!

**Our proven 3-step method includes:**

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3. Receive personalised learning journey to accomplish your goals.

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