

5 Top tips for helping parents to support their child with self-study



Self-study can be daunting for many students. Some students may not understand what they need to do to complete their self study whilst others may find organisation a struggle. Here are some ways to help you discuss self study with your child.

1

Plan specific time and space for self study

Discuss with your child the best time for them to study each day. There are many valuable learning experiences outside the school day that should be planned for and included when organising study time. Encourage them to work in a quiet, comfortable place at a regular time each day. Eliminate as much distraction as possible and aim to keep this consistent.

2

Create a self study timetable

Help your child create a timetable that suits their needs and helps them to get organised. This includes checking that their self study is either packed in their school bag the night before or handed in on Google Classroom. Encourage your child to work to the time allocation set for each subject.

3

Open a dialogue about self study

Talk to your child about their self study. You could ask “**what is the most urgent piece of self study that you have to do?**” Discuss with them the work that has been set, encourage them to see it as an extension to the lesson. Check that they understand what they need to do, can they extend and improve their answers?

4

Reassure but offer limited help where possible

Offer limited help with self study and try to avoid micromanaging the process. When you show confidence in your child’s ability to complete the task without you their own motivation, self-esteem and capabilities will increase. Counter to this, when parents micromanage the process this has the reverse effect and the message given to the child is that they will fail if you are not involved.

5

Talk to school

Please do not be afraid to ask the school for help. We have a range of qualified staff to offer extra emotional support and practical help. In the first instance speak to your child’s tutor if you have a concern about self study. If you would like subject specific support, contact your child’s subject teacher.