WHEN STUDYING HARD BECOMES STUDYING SMART

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The phrase "study hard" has become a famous line among teachers and parents towards our students, but did we know that whenever we advise them to do so they just end up pressuring themselves and not enjoying their studies and school more? Just like adults, students also need a life outside the classroom, which is why we also encourage extracurricular activities at school to develop their skills and talents. Promoting them to study smart instead of studying hard will make them appreciate the lessons more and enjoy the company of their classmates and teachers, thus, enhancing their social and communication skills, this way they will realize that learning can be fun. But the question is, how can we differentiate studying hard from studying smart?

Promote healthy study habits using these helpful tips:

Create a "study time"

Working on a schedule keeps students on track and more focused on the tasks to be done. Having a designated time to do things such as reading materials, doing assignments, and enhancing talents and skills will help students maximize their time and be more goal-oriented since they already have a routine and are able to manage their own time as well. Avoid cramming and procrastination by creating your own study time.

Eliminate distractions during study time

Students' attention span depends on age, that is why the younger the students the lower the attention span they have, thus, more challenging for the teachers and parents to keep them focused during classes. Eliminating distractions during study time will help

students accomplish the tasks to be done—during study time try working on the quietest place of the house, turn off the TV, turn off the Wi-Fi, set aside the gadgets, play some music if you prefer to keep your attention on the work to be done.

Work on a group

There are types of students who enjoy studying with some company, helping them to understand more the lessons and topics of discussion in every class. Collaborative learning among students as well as teachers make discussions easier and fun since each one is expected to contribute to the class; in which way learning becomes a two-way process. It also helps students enjoy the company of other and make learning more fun through the help of their friends.

Make your own reviewer

Always take down notes during class, it will help you recall the discussion made during class while you are reviewing on your own. Making a summary of all the lessons tackled before the exam will help you study efficiently, saves time, and provides concise information needed for you to study for a specific subject. You may create flashcards, reviewer notes, and other creative ideas to boost your learning activity during study time and help retain memory to gain a positive result during exams.

Take a break

Taking a break doesn't mean setting aside your designated tasks during a certain period but instead it is an opportunity to regain your energy, enhances productivity and helps boost memory. A 10-15 minute break won't take so much time and will also help you be more focused and lessens boredom during study time—you may play some music, do some exercise, eat some food for the brain like chocolates and other fruits and vegetables.

These tips can be helpful to boost productivity of each student to achieve their full potential at school with of course the support of the parents and their teachers, know that a child needs support and motivation to excel in every task they do. Students must know that studying is never a challenge or a punishment but instead it is a key to a brighter future and a tool towards their goals; we must help them realize that learning can be fun and as their teachers we are always welcome to help them not only with their successes but also through their hardships.

References: