

LEARNING TO LEARN



**Helping your child to
achieve success**

Doing the easy things...



8 hours sleep a night



A healthy diet



Drink lots of water

SLEEP...

More changes are taking place in the teenage brain that at any other time in their lives, so...



The reason that teenagers sleep so much is to allow their brains to refine and fine tune their experiences

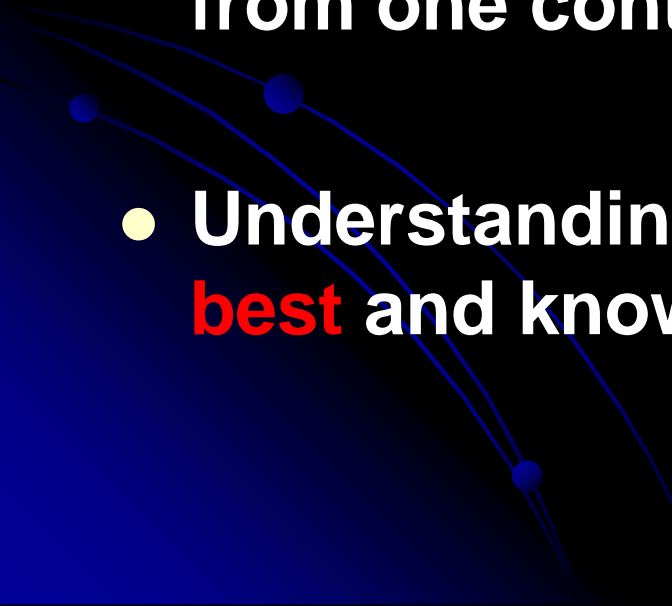
But melatonin kicks in 2 - 2.5 hours later than in adults

WATER...

- 80% of the brain is water
- If you have been asleep for 8 hours, you haven't been able to drink, so you must replenish your fluid levels as soon as possible
- When you are aware you are thirsty, you are already in the first stages of dehydration
- Lack of water is the number one trigger for daytime tiredness
- 75% of students are dehydrated
- 37% of students mistake thirst for hunger



First steps...

- Developing **a set of skills and habits** that will underpin all their learning challenges
 - Being able to **transfer skills and learning** from one context to another
 - Understanding **how they as individuals learn best** and knowing how to use this effectively
- 

MULTIPLE INTELLIGENCES

VERBAL / LINGUISTIC



MUSICAL



VISUAL/SPATIAL



KINAESTHETIC



MATHEMATICAL

NATURALISTIC

INTERPERSONAL

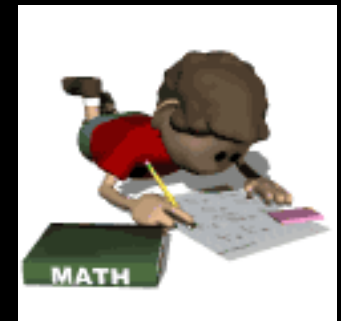
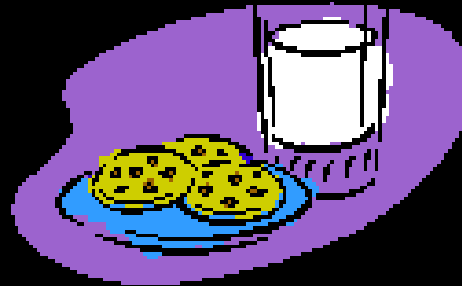
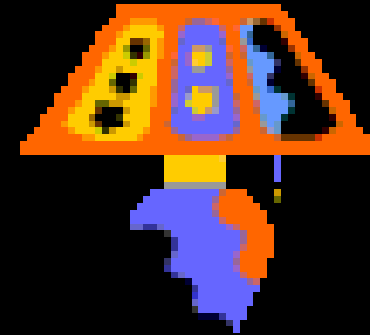
INTRAPERSONAL

Kinaesthetically...



A genius!!

PHYSICAL CONDITIONS...

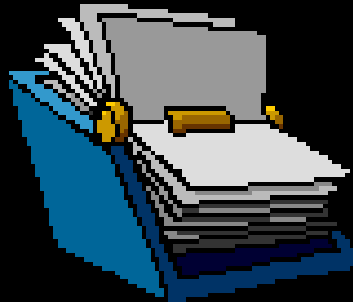


Which ones suit your child?

WHAT DOES IT MEAN IN PRACTICAL TERMS?

VERBAL / LINGUISTIC

- Notes
- Lists
- Bullet points
- Mnemonics
- Discussions
- Explaining



VISUAL / SPATIAL



- Colour coding
 - Highlighting
 - Mind-mapping
 - Pictures, symbols, charts, maps, graphs
- Multi-media
Quiet

KINAESTHETIC

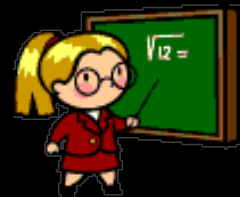
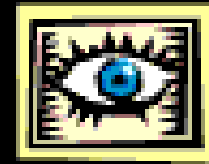


- Pacing
 - Doodling
 - Chew gum
 - Music
- Squeeze ball
Take frequent breaks
Posters



HOW WE LEARN...

- 10% of what we read
- 20% of what we hear
- 30% of what we see
- 50% of what we see and hear
- 70% of what is discussed
- 80% of what is experienced personally
- 95% of what we teach someone else



That's all very well but when?



**10 minutes 2 or 3 times
during an evening is
much better than
struggling through an
hour and boring
everyone to death!!**

GETTING ORGANISED...

- Knowing what they have to do and when they have to do it
- Helping them to keep organised and on track
- Reminding them about their targets and goals
- Should be working 2 hours / night e.g. Mon -Thur and Sun
- Timetable

A FINAL THOUGHT...

Learning is an **ACTIVITY**. You've got to participate. You have to put energy into it, and make it happen.



It won't just happen by letting it float past your ears in the classroom!