

# Helping Your Child Study Effectively



By supporting your child with the following steps, you can help them build positive study habits.

## 1. Managing Phone Notifications

Research shows that phone notifications can interrupt concentration, even if your child doesn't actively check their phone. Just hearing a notification can be as distracting as picking up the phone and responding to it.

### What you can do:

Create a quiet, distraction-free space for revising. If your child needs to use their phone for study purposes, enable 'Do Not Disturb' mode.



## 2. Choosing the Right Study Materials

Not all revision resources are created equal. Using the wrong revision guide can cause confusion, especially if it doesn't match the correct exam board or subject level. The work that your child does should also focus on questions and answers, rather than reading notes or highlighting textbooks.

### What you can do:

Ensure you know your child's exam board and the specific tier the exam will be (e.g. foundation or higher). If your child has access to a Carousel Learning Study Pack, this usually covers everything they need. These packs provide flashcards and quizzes tailored to their curriculum, offering an effective and structured way to revise.



## 3. Using Study Packs Effectively

Carousel Learning's Study Packs are a powerful tool for revision. One of the most effective learning techniques they utilise is called "retrieval practice," which involves reviewing information at intervals to strengthen memory over time. Study Packs combine flashcards with quizzes, allowing students to practice and review their knowledge with the right materials, as they're set by their teacher.

### What you can do:

Help your child understand that breaks between study sessions are just as important as the studying itself. Get them to work through flashcards, take a break, and then revisit the material to check their understanding. They can do this a few times before taking a quiz to ensure they've retained the information.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Create topic flashcards & quiz	5-10 mins flashcards	10-15 mins flashcards	Quiz + mark	Self mark quiz & reflect	10-15 mins flashcards	Retake quiz



## 4. Understanding the Impact of Music

Listening to music while studying can be distracting - especially music with lyrics. Just like trying to follow a conversation while reading, it splits focus and makes learning harder. Even instrumental music can be disruptive, especially when your child is reading or working on detailed tasks.

### What you can do:

Create a quiet study environment without background music. If your child prefers some background noise, low-volume instrumental music is less distracting. If a quiet space at home isn't possible, check whether your school or local library has a quiet area, where they can study.



## 5. The Limits of Incentives

Offering rewards like concert tickets or money might seem like a good way to motivate your child to study. However, research suggests that while incentives can encourage effort, they don't necessarily lead to better exam results. What matters most is how effectively they study and that your child is studying to learn more, not for the rewards, not how long they spend doing it.

### What you can do:

Focus on encouraging meaningful study habits rather than offering rewards. Spend time with them emphasising how much progress they have made, how proud you are that they are learning so much and taking their studies seriously. Quality of study time is more important than quantity, and helping your child understand and retain information is key to improving their results.

