



Parental Guidance: Study Habits

Developing effective study habits can help young people feel more confident in managing homework, revision and coursework. Many students struggle not because they lack ability, but because they have not yet developed routines and strategies that make learning feel manageable.

This guide offers practical ways parents can support organisation, motivation and focus at home while encouraging young people to develop independence and responsibility for their own learning.

Creating manageable routines

Establishing predictable routines can help reduce stress around homework and revision:

- Agree a regular time and space for study where possible
- Break homework into smaller tasks to prevent overwhelm
- Encourage a balance between work, rest and other activities

Consistent routines help students approach work with greater confidence.

Using practical study strategies

Simple techniques can help students remain focused and productive:

- Encourage short, focused study sessions with regular breaks
- Use planning tools such as homework planners or checklists
- Support revision through practice questions or self-testing

These strategies help students use their time more effectively.

Supporting organisation and independence

Parents can support learning without taking over responsibility:

- Encourage your child to plan their own workload where possible
- Help them prioritise tasks and deadlines when needed
- Offer guidance while allowing them to take ownership of their work

Developing independence prepares students for increasing academic demands.



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Encouraging motivation and confidence

Positive reinforcement can help build motivation:

- Recognise effort and progress rather than focusing only on results
- Celebrate small achievements or improvements
- Encourage persistence when work feels challenging

Confidence often grows when students feel their effort is valued.

Managing distractions

Reducing distractions can help students stay focused:

- Encourage device-free study periods where possible
- Support a quiet, organised workspace
- Help students recognise when they may need short breaks to reset

Creating the right environment can significantly improve concentration.

Working together with the Academy

If your child is finding homework or revision particularly difficult, families are encouraged to contact their child's College Pastoral Team or subject teachers. Working together with the Academy can help ensure students develop effective learning habits and receive the support they need.

Contacting College Pastoral Teams

Angelou College - angelou@stationers.latrust.org.uk

Caxton College - caxton@stationers.latrust.org.uk

Hansard College - hansard@stationers.latrust.org.uk

Equiano College - equiano@stationers.latrust.org.uk

Woolf Sixth Form College - woolf@stationers.latrust.org.uk