

## STUDYING AT HOME

Studying at home is best with **planned daily routines** that include **study sessions** with knowledge of a **child's focus time** and **embedded breaks**. Routine and breaks facilitate a more **positive emotional state** and **study habits**.

### Focus & Learning

- Consider your child's **range of focus** by age/grade (without breaks) **then add short breaks**
- A **nutritious snack before** studying improves **focus and energy**
- **Water** on hand during sessions (**hydration**) **improves focus and energy**
- A **daily routine** (especially M-F) improves **readiness and focus at learning time**
- A **regular bedtime & awake time & exercise** improves **sleep, focus and frustration tolerance**
- **Avoid late** evening **study sessions** (lower energy, less focus, delayed bedtimes)
- **Breaks** improve **focus**, reduces **stress &** helps children **retain learning** (vs powering through)
- Consider **multiple study sessions** during the day (vs doing all the work into one time period)

### Place to Study

- A **non-distracting**, quiet and **organized study** area improves concentration and reduces anxiety
- Have a **media free zone** during study time (**unless required** as virtual class time or part of study)


### Breaks

- **Planned breaks to move or stretch** clears the mind and lowers the physical stress of sitting too long
- A **timer/alarm** is useful for both study and break time (Session |: **Study/Break/Study**)
- **Short 5-10-minute breaks** (any longer can be hard to regain motivation)
- **Avoid media/device time as break time** (**other than a break of music** like a favorite song to dance to as an **exception** that can clear the mind and reduce anxiety—**not music videos**)
- **Small rewards at checkpoints** of work completed in a study session can **motivate some** children (favorite treat, adult attention, "special" drawing supplies, a game with a parent, chalk writing on driveway, planting seeds, building toys or tool use, using binoculars, or whatever interests your child but is not freely offered every day or is additional time with you).

## Other Ideas

- When your child is frustrated with a task, **have them to move on** to a different question or study section and come back to it later
- Designate a **time** during the day you will **check in** or **help** with difficult or unfinished assignments
- Help them make flashcards to organize and remember information (useful for quiz or test study)
- Designate a **media/ device time** during the day **after all study sessions** are **completed for the day** (children can have difficulty transition from, anticipating or having images/texts from media/devices used for entertainment when between sessions or as breaks)
- **Include & expect** outdoor play/walks, exercise, family time, friend social distancing communication time, private time, chores and creative play or hobby time in a **structured chart or daily routine** especially M-F along with study time to **maintain normalcy, physical and social/emotional balance** and **reduce** overreliance on, **excessive** time on or preoccupation with **media/device use**.

**AVERAGE CONCENTRATION SPAN BY AGE**  
Age x 2 to 5 minutes = Average Concentration Span



AGE	AVERAGE CONCENTRATION SPAN
4	8 – 20 MINUTES
5	10 – 25 MINUTES
6	12 – 30 MINUTES
7	14 – 35 MINUTES
8	16 – 40 MINUTES
9	18 – 45 MINUTES
10	20 – 50 MINUTES
11	22 – 55 MINUTES
12	24 – 60 MINUTES

TeachStarter.com

This chart may be useful as a **general guideline** (for sustained concentration **without** embedded **breaks**) while keeping in mind there are **different types of attention**, demands, abilities, presentations and environments as well as individual's tolerance for more or less sustained attention. Research indicates use of **technology and media devices** may have **reduced** our attention span and indicates even adults & college students may focus best for 10-30 minutes at a time with 15 minutes optimal for retaining new learning.