

## **THE PRINCIPLES OF LEARNING**

Most teaching and learning is based on the misguided notion that practice makes perfect. Practice makes permanent, so what we practice must be correct and appropriate. Perfect practice makes perfect. Have your child teach you about what he has learned at school.

- We remember 10% of what we hear.
- We remember 50% of what we see and hear.
- We remember 70% of what we see, hear, and do.
- We remember 90% of what we have to teach.

Effective learning is bound up with establishing correct attitudes and correct habits. Attitudes toward learning by both the teacher and the student is of utmost importance. These attitudes should be characterized by the following qualities:

- An open mind and an inquiring mind.

## **HOW A STUDENT LEARNS**

A Student:

- must be interested.
- should have enthusiasm.
- should see good examples and set good standards.
- learns through correct practice.
- learns by knowledge of results.
- learns by being challenged.
- learns by faith.

## **HOW A PARENT GUIDES**

A Parent :

- must show interest in your child's daily homework, tasks and activities.
- should have enthusiasm.
- should set good examples and set good standards.
- learns through correct practice, teaching and coaching.
- looks for improvements and recognizes results, even small ones, and celebrates the big ones

What are the most important things for getting good grades, the best grades that you can? Check how you are doing in these 3 areas - Before, During and After Study!

## BEFORE YOU STUDY

### #1 is your Lifestyle!

Get a regular school year regimen and stick to it! Make sure there is time for all you have to do **first**, and then all that you want to do **second**.

Watch the number of extracurricular activities. You might be able to do karate, and piano, and church youth group, along with your regular studies, but add something else and there is a point of diminishing return. Just like being at a buffet, too much on your plate, leaves you with a tummy ache, not a satisfying meal.

- Don't spend too much time watching TV, surfing the net, or listening to the radio.
- Get at least eight hours of sleep.
- Plan some fun activities too.
- Eat a well balanced diet. Don't skip breakfast.

### #2 is pay attention to your Assignments!

| Date | Class | Assignment | Date Due |
|------|-------|------------|----------|
|      |       |            |          |
|      |       |            |          |

- Write down your assignments. If you don't have an assignment book, get one! In the mean time, you draw lines on school notepaper.
- Ask your teacher questions if you don't understand.
- Use the buddy system. Have a special friend, or group of friends, that you can call if you don't understand assignments when you get home.

### #3. Schedule

| pm | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
|----|-----|------|-----|------|-----|-----|-----|
| 3  |     |      |     |      |     |     |     |
| 4  |     |      |     |      |     |     |     |
| 5  |     |      |     |      |     |     |     |
| 6  |     |      |     |      |     |     |     |
| 7  |     |      |     |      |     |     |     |
| 8  |     |      |     |      |     |     |     |
| 9  |     |      |     |      |     |     |     |
| 10 |     |      |     |      |     |     |     |

- Keep a schedule that shows

your regular time to study.

- Don't put off assignments.
- If you don't have any assignments, use that time to read.
- Estimate how long each subject should take, and try to keep to that time limit.
- Study the hardest subjects first, when you are fresh.
- If you have a test coming up, spread your studying over several days.

#### **#4. Have your Place and Space**

Have a regular place to study. It should:

- be free from interruptions. No tv or radio, please!
- have good lighting.
- be comfortable and not too warm.

#### **#5. Be Organized**

To make your time productive, don't spend time needlessly looking around for things that you use regularly.

- Put your books in the same place so you can always find them.
- Before you start, clean off a desk or a table.
- Line up your: **pencils -rulers -dictionary -pens -erasers -notebooks -special materials for projects -books and textbooks -assignment sheet.**

### **WHILE STUDYING**

#### **#6. Be Focused!**

Did you know that the style of Karate that you are studying, *Isshin-ryu*, means "concentration style"? The founder of this style believed that if your mind, body and spirit are into the tasks that you decide to take on, that you can accomplish them quickly, efficiently, and easily! And every big task, can be broken down into little ones that you can do one at a time!

Before you start, think about what you already know about the topic you are studying. Then think about what you expect to learn.

- Close your eyes and try to make a mental picture of what you have read.
- Stop and ask yourself questions.
- Make a "to do" list and reward yourself with checks when you finish each task.

- Take a short five minute break between each subject. Reward yourself with a snack!
- Make charts to organize your thoughts. For example, when reading a short story or essay, break it down into: Why,When, Where, What ,Who, and narrow down the Main Idea!

| Why? | When? | Where? | What? | Who? | Main Idea? |
|------|-------|--------|-------|------|------------|
|      |       |        |       |      |            |
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|      |       |        |       |      |            |
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|      |       |        |       |      |            |

## AFTER STUDYING

### 7. Review

- Think about how what you have just learned fits with what you already knew.
- Retell what you have just learned to a parent or friend.
- Ask your parents or friends to ask you questions.

### Quick Review! Do remember these steps?

#### 1. Lifestyle

Do you allow enough time for sleep, rest and fun activities'?

#### 2.Assignments

Do you keep up with and write down your assignments?

#### 3. Schedule

Do you set aside time to study?

#### 4. Place

Do you have a good, quiet place to study?

#### 5.Organization

Do you organize your study area?

#### 6. Focus

Do you keep your mind from wandering by remembering your study skills?

## **7. Review**

Do you ask yourself questions, or have your parents ask you questions to make certain you understand what you have studied?

**Remember!**

**Start your school year fresh with these habits, and you'll get great grades!**