

INDRO TOP 5

PARENT RESOURCE

1. BE FOCUSED

Think of attention as a spotlight – we can only “shine” our attention on a limited amount at once.

Encourage students to be intentional about how they use their focus by:

- Ensuring they do one thing at a time to reduce task-switching
- Help them set up a study space that is free from distractions
- Encourage them to take breaks when needed – go outside, stretch, or talk to someone



TIP: Use these ideas and questions as a starting point to encourage students to think about how they approach their learning and demonstrate the Top 5. You can check in with students about these behaviours throughout the year.

2. BE ORGANISED

Being organised means having clear and consistent systems for your life. Ask students to discuss with/show you:

- How they are organising their physical and digital resources
- Where they are keeping track of important due dates
- When in the week/day they will work on important tasks
- Their goals for studying and how these can be celebrated

TIP: Help your child create simple, clear routines that they can stick to.

3. HAVE A GROWTH MINDSET

Remind students that learning is often uncomfortable and, in fact, essential to the learning process.

If you hear negative self-talk, help students reframe these thoughts in a more positive light.

When they express that something is difficult or that they feel they cannot do it, prompt them to add a “YET” to the end!

4. USE LEARNING STRATEGIES

Repetition is the key to building memory.

Encourage students to plan short and frequent review sessions across the term, rather than trying to revise everything the night before it's needed. You can support students to include this in their calendar.

Ask your student to consider whether they are actively engaging with this information, or simply passively reviewing it.

1. Instead of reading notes, ask them to brainstorming everything they can remember on a blank piece of paper
2. Use flash cards and online quizzes
3. Ask them to teach the concept to you, a sibling or a friend.

Ask students:

“Can you recall without looking at notes?”
“Can you explain it to a friend?”
“Could you represent the information in a different form?”

5. ENACT FEEDBACK

- Ask students to tell you in detail about how they are progressing in their learning
- Ask them about goals they can set to improve as a learner, not just in grades
- Ask students: **Where** are they going in their learning? **How** are they going?
Where to next?