

Life at Home & Studying

ROUTINE & BREAKS

Establishing routine: A key to success in revision and home life

Routines play a crucial role, not only in crafting a revision schedule but also in everyday home life. People thrive on routine, and by introducing regular activities at consistent times, you foster unique family rituals and traditions.

Home schedule

Set regular times for breakfast, dinner, family bonding, and activities to instil familiarity and security. While it can be challenging with everyone's busy schedules, it's beneficial to establish consistent anchor points throughout the week. For example, you might aim for breakfast at 7:15 AM on weekdays and 9:00 AM on weekends, or family dinners on Mondays, Wednesdays, and Fridays at 6:30 PM. Although it may not be possible to stick to the same schedule every day, maintaining a similar routine each week helps your teen understand what to expect.

Encouraging participation

If the family consistently spends about 30 minutes together for dinner at 6:00 PM, it becomes more challenging for a teen to retreat to their room with food while studying, as opposed to a routine where mealtimes vary. Whenever possible, discourage your teen from eating in their room or in front of the TV.

Enhancing time management

Implementing regular activities at set times during the day will not only provide your teenager with essential breaks from studying but also help them refine their time-management skills as they learn to organise their revision around these established times.



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It's essential for both well-being and effective studying that your teen takes regular breaks—both short and long—without feeling guilty!

Short breaks

When assisting them in creating a study or revision schedule, ensure they incorporate five to ten-minute breaks within 30 or 60-minute study sessions. Short bursts of studying yield much better results than prolonged periods. Even if they need to study all day or evening, they should not work for more than an hour at a time without a brief rest.

Long breaks

Encourage them to take time to engage in enjoyable activities, such as watching a movie, participating in sports, attending a concert, or spending time with friends and family. This downtime allows their brain to relax, refocus, and process information, helping them maintain a healthy work-play balance for a productive and fulfilling life in the long run. Aim to ensure their breaks involve a variety of activities, rather than just staying in their room binge-watching a series.

Taking a day off

Everyone needs to take a break occasionally. When challenges arise, stepping away from the issue can be beneficial, allowing them to return with a calm mindset and fresh perspective rather than pushing through. If your teen occasionally deviates from their revision timetable, don't be concerned - they're likely doing enough to stay on track. However, if you feel they are falling behind and the school shares your concern, it might be time to establish new guidelines to help them regain focus.

