

# Life at Home & Studying

## ENVIRONMENT

### Finding the ideal study space

Assist your child in locating a peaceful environment for studying and revising. Key factors to consider include noise levels, lighting, the capacity to organise their papers neatly, and minimising interruptions from other family members.

Different individuals have varying needs; some may find background music conducive to their studies, while for others, it may be a distraction. Exploring different locations can also benefit some children. Instead of always studying in their bedroom, they might enjoy using the dining room or living area occasionally. Allow your child the freedom to discover what works best for them, which may differ from your own preferences.

### Bedroom environment

A calming atmosphere can promote better sleep, so ensure their room is at a comfortable temperature, with fresh, clean, and cosy linens. Blackout blinds or curtains can help reduce light during the summer and a quiet environment is essential. While you can encourage them to maintain tidiness, remember that a calm, uncluttered space is proven to aid relaxation and sleep. If they study in their bedroom, it's beneficial if they designate a small area specifically for this purpose, rather than allowing books, laptops, and other study materials to spread throughout the room, which can hinder their ability to unwind once study time is over.



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### Alternative options

If there isn't a suitable study and revision space at home, a nearby library could be an excellent alternative for them. A local café with Wi-Fi can also provide inspiration by creating a different atmosphere, with adults working around them serving as potential role models. Changing the study environment can introduce fresh energy and help them absorb information differently; being out of the house may also be revitalising.

### Communication

Teenagers are often seen as less communicative, so when they do engage in conversation, resist the urge to interrogate them about their revision and study progress every time! While it's natural to show interest, sometimes a complete break can be beneficial, and there are many other topics you may want to discuss together.

