Supporting Your Child's Learning & Revision

Topic Area: Subjects You Struggled With

Research suggests that parents are critical to how well children perform at school. Children need to feel secure and happy so they are ready to learn. If children are feeling stressed, intimidated or if something has upset them, they will not be in any state to learn anything. Studies have shown that parents' negative attitudes or beliefs have the potential to negatively influence their children.

Negative attitudes can impact on the subjects which your children succeed at. The learning attitude that you or your child has can directly improve their performance.

When children struggle with subjects it can make them have feelings of anxiety, helplessness, fear and guilt. Your child's potential can easily be developed and nurtured through simple everyday attitudes.

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Support your child by doing the following:

- Listen to your child about subjects they are interested in or may struggle with. Share thoughts with each other about how they may succeed and what they enjoy about different subjects. Try not to be openly negative about subjects which you didn't enjoy or struggled with yourself.

- Give your child the best advice you can and teach them that failure is a stepping stone to success. Give your children examples of things you have failed at but have overcome in your life. Explain your experiences and highlight that some subjects are challenging.

- Positively encourage your child and take an interest in their learning. The key is to support them to develop a positive mindset and passion for learning.

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Sentence stems to help you:

It's a long time since I've done this, so you need to remind me...

I remember doing this at school, tell me more... -

This work is interesting, which is the best bit... -

I was really determined in...

For further information, please visit the Rugby Free Secondary School website.

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