

# COUNSELLORS' CORNER

## SETTLING INTO THE SCHOOL YEAR

It's been a busy start to the school year and we hope that all students are starting to settle in to their new routines and schedules. As we begin to embark on our academic journey together, we thought that it would be a good time to remind students and their families of some good study habits to set themselves up well to achieve their goals.

One of the common themes that we see in counselling, is a lack of motivation or a lack of drive for schoolwork or study. As your teenager grows older and gains more independence, it can be tempting to pull back in many ways – but its important to stay involved in their life to provide them with the motivation they might sometimes be missing. Sometimes it can be hard to know where to start. simple things like showing an interest in what they learn at school and excitement about their strengths and achievements. It might be helping them break down their assessment task into chunks or allocating specific 'study time' in your daily routine to help them stay on track.

- ❖ How many times have you caught your teenager filming a TikTok video or scrolling through their snapchat feed when they are meant to be studying? Remind them to take meaningful breaks from social media – notifications are an easy way to lose track and be distracted from school work. Phones aren't always the enemy, but encouraging correct use is important. There are a few good apps that can be helpful : [Best study apps for students | The University of Queensland \(uq.edu.au\)](#)
- ❖ Help your daughter create a peaceful zone inside the house where they can focus on the tasks at hand. It should be quiet, comfortable and uncluttered with minimal distractions.
- ❖ Don't cram! Avoid attempting to jam all your study into one night. Effective time management is a crucial skill to learn and model.
- ❖ Teenagers are notorious for having an unpredictable sleeping schedule. Encourage and enforce a regular sleep routine where your daughter is getting 8-10 hours of sleep per night. This might mean restrictions around screen time and internet use.
- ❖ Eat well – if our bodies are not adequately fuelled, we won't be able to learn. If your daughter is a fussy eater, try to include her in the weekly meal plan, shop and cooking so that there are food options that are attractive.

In pursuit of motivating your daughter this year, remember to;

- Lead by example
- Have meaningful conversations about their future.
- Help them break down their goals into short-term and long-term ones
- Encourage their passions
- Reward their efforts and not the outcome

Encouraging good study habits for your daughter wont just help them get better grades. There are many potential benefits including:

- Developing their confidence and competence
- Reducing their anxiety around taking exams or assignment deadlines

- Improving their ability to retain information
- Freeing up more time for the things they enjoy doing

It's important to remember that you can guide them as best you can, but at the end of the day, it's up to them to choose to do the work. Remain positive, encouraging, non-judgmental and firm when you need to be.

We wish all students success with their habits and academic studies this year!

Should you feel concerned about your daughter's wellbeing and feel she may benefit from school counselling, please speak with your daughter's House Co-ordinator or email us on : [counsellors@merici.act.edu.au](mailto:counsellors@merici.act.edu.au).

Remember to breathe, smile, and enjoy the simple things.

Your counsellors,

Hannah and Chelsea