



*Learning Support Resource
(LSR)*

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Supporting your child to study

ASN





Focus for this evening:

- **Effective study environments**
- **Mindmapping**
- **Flashcards**
- **Sticky notes**
- **Electronic quizzes**
- **Apps**

Study Space



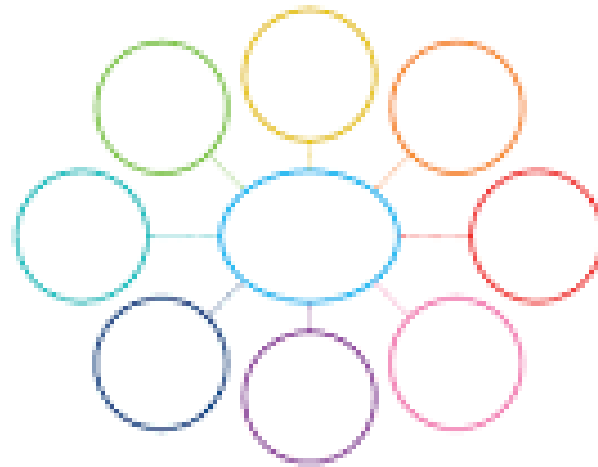
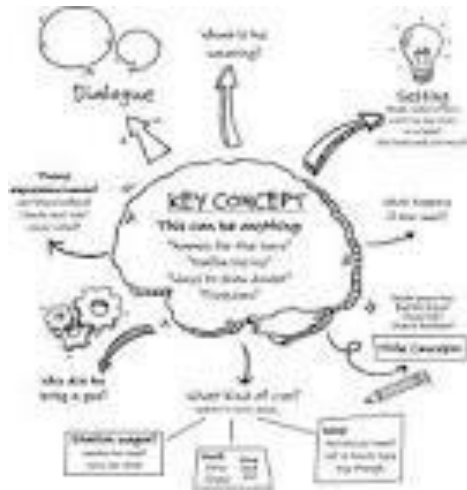
Mindmapping



- Using a combination of colours, imagery and visual-spatial arrangement, mind maps help us to support and simulate our thinking process.
- This makes the tool truly effective for dyslexics and visual learners by enabling them to manage everything from daily tasks to capturing and enhancing their creative ideas.

Mindmaps

- <https://www.youtube.com/watch?v=LY-IFerp608>



Flashcards

- Great way to help learn a topic/subject.
- Can be used in a variety of different ways, across a range of subjects.
- Great way to promote active recall and stimulate the memory.





How to write a Flashcard.

Front

- Write a term and put its definition on the back or
- Write a question and bullet point answers on the back.

Back

- The definition of the term
- Bullet points answering a question.



Sticky Notes

- Write down key concepts/phrases/quotes you need to remember on sticky notes and place them around the house.
- Sticky notes can be used in the same way as Flash Cards.

Time Management

- Planning can reduce stress levels.

	My 6 most important tasks for today	Done?
1.	Do Maths homework	
2.	Revise for test tomorrow	
3.	Find PE kit	
4.	File worksheet in folder	
5.	Pay for school trip	
6.	Tidy bedroom	

ork-Diary-Template... 1 / 1 - 84% + | [] []

Tuesday:

Wednesday:

Thursday:

Friday:

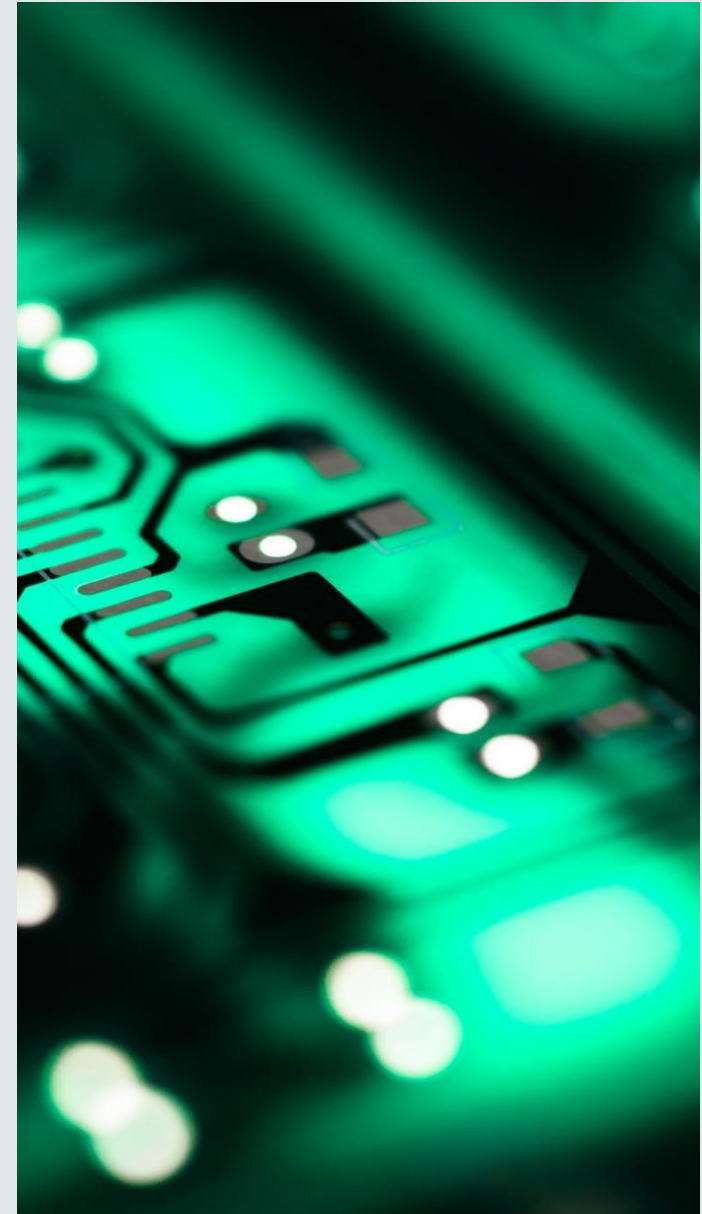
Priority Grid

Important
Don't have to do

Quizlett/Quizizz/Kahoot

<https://www.youtube.com/watch?v=7oJk0IBynoU>

- **Makes electronic flashcards**
- **Turns Flashcards into tests.**
- **It also has a new AI feature**





Apps for anxiety

- **Headspace**
- **Calm**
- **Happify**
- **Colorfly**
- **Mindshift**

The Iceberg Illusion

Success is an iceberg

WHAT PEOPLE SEE

SUCCESS!

Assistance



Failure



Sacrifice



Disappointment



WHAT PEOPLE DON'T SEE

Dedication



Hard work



Good habits



@sylviaaduckworth



How to beat stress

- **Good Sleep**
Hygiene
- **Be organised/plan ahead/prioritise**



Healthy Food Choices

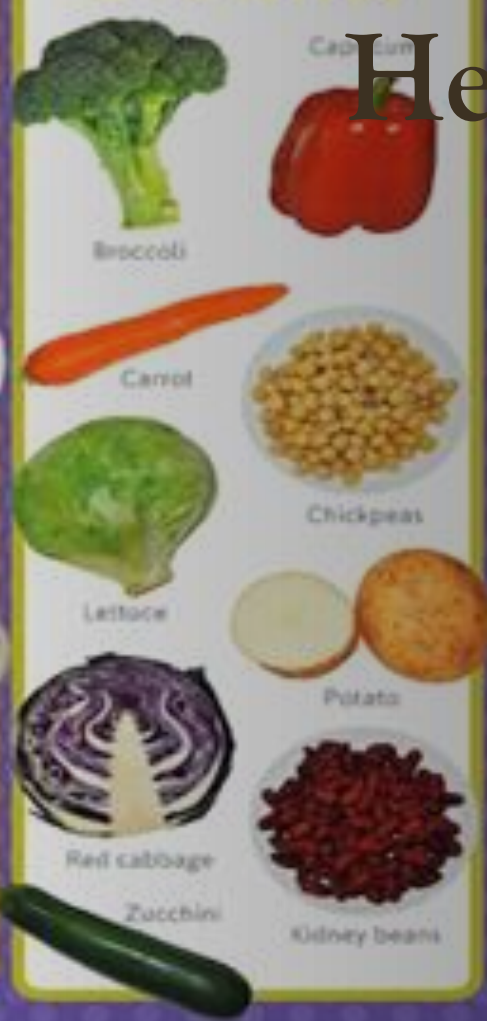
Choose nutritious foods from these five groups every day

Healthy Eating

Grains 4 serves



Vegetables 2 - 4 serves



Fruits 1 - 2 serves



Protein 1 - 2 serves



Dairy 1 - 2 serves



...and
drink plenty
of water!

A person wearing a purple t-shirt, black shorts, and a white cap is jogging away from the camera on a paved path through a dense, green forest. The path is flanked by thick foliage and trees, creating a shaded environment. In the distance, another person is visible walking on the path. The word "Exercise" is overlaid in white text in the center of the image, with a small horizontal line underneath it.

Exercise



Supporting your Child

- Set up a daily family routine, including sleeping and phone habits.
- Provide a place and time at home for homework.
- Support with organisation.
- Check on assignments, homework and projects.
- Talk each day with your child about his/her activities.
- Promote literacy by reading to your child and by reading yourself.





Supporting your Child

Word Online

- Accessibility features within Word Online.
- Allows text to speech and speech to text.
- Change of background
- Support in understanding words.





**Accessibility features to support literacy in
Microsoft Word online in GLOW (can search this
on YouTube)**

<https://youtu.be/1IKx-5vWTT8?si=5-ZziViiDJNQPuzo>

