

## Why Teens Need A Home Office

By Bobbi DePorter  
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Parents who work at home know how important it is to have an office where they can concentrate and focus on their tasks. But many parents may not realize how much kids can also benefit from having a defined space to study without distractions.

Developing strong study habits is an extremely important learning skill, but it's often overlooked when thinking of ways students can take control of improving their grades. Having a supportive and encouraging study space is an important part of developing good study habits. Here are some of the ideas we share with students who attend SuperCamp and with their parents:

### 1. Establish a defined study area

The most important factor in selecting a student's study area is that it is quiet and away from distractions. It can be the student's bedroom, a spare room, a den, a loft, or a bonus room in the basement or over the garage. Also, try to pull together a combination of furniture that fits his or her style. Lighting is also important. The space should be well lit without hurting the eyes.

### 2. Create affirmation signs for the study area

Positive signs have the ability to remind a student's subconscious mind of his or her potential to learn. You and your kids can make some signs that contain affirmations such as those listed below. When you make the signs, use lots of color (our brains love color!). Here are some ideas:

- EVERYONE HAS THE RESOURCES TO BE SUCCESSFUL
- I BELIEVE IN MYSELF
- EVERYTHING I DO DESERVES MY BEST EFFORT
- EVERY CHALLENGE OFFERS A GIFT
- I AM UNIQUE AND VALUABLE
- I AM RESPONSIBLE
- I CAN LEARN THIS!

### 3. Provide proper study tools

Stock the study environment with reference books, writing materials, textbooks, computers and notes. Get kids' ideas on what will work for them and help them create it. Add a bulletin board where visual aids such as charts, lists, or pictures can go. Put up a bookshelf to promote better organization. And use a daily planner. While there are online options, the physical presence of a planner open to the current day or week is a good reminder of the immediate priorities.

### 4. Add some music to the mix

Some classical music is "brain friendly" and enhances the study environment. Baroque music helps students to focus and to access their most resourceful learning state. The music optimizes the functions of the brain that store and retrieve information. Many (most?!) children will think that their own music is best, but try to convince them to try Baroque. They may well notice that it makes their study time easier, and want more. By the way, this is a great tip for working parents as well as for learning students! Try some of the following:



- Bach
- Handel
- Pachelbel
- Vivaldi

## **Learning Tips for Home and School**

Here are some tips from SuperCamp and Quantum U for parents to help their students maximize their new learning spaces.

### **1. Help students tap into their particular learning styles**

Parents can help their children maximize study time by discovering their student's learning style. Every person learns through visual, auditory, and kinesthetic means. Visual learners remember best through what they see, auditory learners from what they hear, and kinesthetic learners from movement and touching. Although each person learns in all three of the modalities to some degree, most people prefer one over the other two. Parents of visual learners can provide pictures, graphs, charts, and other organizational tools to help them see the big picture. Students with an auditory preference benefit from hearing the information; they learn best when they have the opportunity to recite information aloud and remember best what was discussed. Kinesthetic learners learn best with physical manipulation; they like the hands-on experience and memorize through actions related to the content.

### **2. Help kids realize how they benefit**

Attitude comes into play for students every day at school and at home when they study. A student may enter some classes excited to be there, and enjoying the teacher and the subject. Maybe he or she enters other classes "knowing" the class will be boring, and guess what? The class is boring. Many students spend half their days at school wishing they were somewhere else, doing something else. The quickest way to achieve an attitude adjustment is to help students realize what's in it for them, or as we say at SuperCamp "WIIFM" (What's in it for me?). Ask, "Why would you want to learn what the teacher is teaching?" The answer may be as simple as, "So I can pass my exams." And why would you want to pass your exams? Maybe I'll get more free time; maybe I'll get into the college I want to go to. Why would you want those things? So I can be more successful in life. By understanding what's in it for them, students will find that their time in class and time spent studying has far more purpose.

### **3. Plan ahead for success**

Teach teens to use a calendar to mark days for upcoming tests. Begin the study process by organizing thoughts and creating a game plan for what needs to be accomplished. Determine how many hours to allocate to cover the content. Following a planned approach when studying gives students an opportunity to review the content more than once, increases their ability to remember at test time and reduces stress.

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#### **About the Author:**

Bobbi DePorter, teen motivation and accelerated learning expert, has changed the lives of over five million kids through her SuperCamp and Quantum Learning school programs. SuperCamp is a learning and life skills summer program with more than 56,000 graduates in the U.S., Europe, Asia and Latin America. Quantum Learning is an accelerated learning-based teaching and

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learning methodology that has helped improve thousands of schools and districts across the nation. Bobbi is the author of more than a dozen books, including *The Seven Biggest Teen Problems and how to turn them into Strengths (An Insider's Look at What Works with Teens)*. For more information, visit <http://www.SuperCamp.com> and <http://www.QLN.com>. Contact Bobbi at [bdeporter@qln.com](mailto:bdeporter@qln.com).