HOME STUDY SPACE

One of the biggest things parents can do to help set their student up for success is to create a positive, specific study environment at home, and the beginning of the school year is the perfect time!

Many adults have a home office. Make your child’s study space just as important and specific.

Make planning and creating the space an important event.

1. Get together with your son or daughter to discuss options. Consider what space is best for focus. Discuss VAK preferences and strategies. Think about styles and colors. Be creative—and think outside the box!
2. Once you’ve defined what you might need, go shopping together—Costco, Ikea, Target, Office Depot, whatever store is local and serves you best.
3. Hang your affirmation posters, SuperCamp content posters, and the 8 Keys of Excellence around the room for reinforcement. It’s called dual-planed learning!
4. When you have everything you need, pull it all together and move it around till it’s right, then stand back and admire!

An important concept that we teach at SuperCamp—and it’s worth remembering when creating a positive study environment at home—is Everything Speaks. In the context of how a student studies, everything speaks means that everything in the environment sends a message that either enhances or detracts from learning. Think about neat vs. cluttered chaos, light and airy vs. dim and dark, inviting and functional vs. any old place. Keeping that in mind, work with your child to create a positive and productive home study space. Here are some factors to consider.

Location
As they say in real estate, location is everything. Find a place that’s quiet and free of distractions—so, if possible, not the family room or the kitchen table! The ideal is a defined study space, which may be in the student’s bedroom.

Furnishings
Make sure the home study space is fun and inviting—a place your child wants to be. It’s important to have good lighting (ideally, natural light and a lamp), a place for supplies and reference material, and a bulletin board or other space to hang notes and affirmations.
Obviously, your son or daughter also needs a desk or table, a chair, and a computer, laptop or tablet. The desk should have space for study materials and a work area that’s not cramped—space to spread out material being reviewed is helpful. Find a chair that’s comfortable, but not too comfortable—a “sit-upright” chair will help the student stay alert and focused. Consider variations depending on your teen’s style. It could be a canvas bucket chair with a roll-up table top and goose neck lamp on wheels.

Supplies
Make sure your son or daughter doesn’t have to waste valuable study time looking for a pen! Stock up on supplies (pens, pads, poster paper, colored markers, bulletin board), and plan space at their desk so that your child is able to keep them all within reach, not just somewhere in the room.
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Resources

QL SuperCamp Family Support Kit

The products in this package were chosen to help SuperCamp families create an optimum home study space that will remind students of what they learned at SuperCamp and anchor their learning. It includes . . .

• Quantum Learning Music
• Affirmation Posters
• 8 Keys wall signs
• SuperCamp Main Room Flipchart Posters
• Books, and more

Although all of the contents are available individually, this package offers a 30% saving over individual prices. Find details about content and price at www.shopQL.com.

• Music

Some classical music is “brain friendly” and supports students in getting into a relaxed focused state for learning. Baroque music in particular, such as Bach, Handel, and Vivaldi, helps students to focus and to access their most resourceful learning state. Many kids (from elementary to high schoolers) may at first resist and want their own music (which is great for breaks). Encourage them to try baroque for a couple weeks—while they’re in a highly focused activity such as reading or writing—and then assess. A main distinction is music without words. Even if they’re playing instrumental forms of music that has familiar words, students will hear and repeat the words in their head even though the music playing doesn’t have voice.

• Signs and posters

- **Affirmation posters:** Positive signs will remind your child’s subconscious mind of his or her potential to learn. Help your son or daughter create an inspiring atmosphere by making some signs—use lots of color (our brains love color!) and the following ideas to get you started:
  • I believe in myself
  • Everything I do deserves my best effort
  • Learning is fun and natural!
  • I have the resources to be successful

Another good idea is to have an achievement area such as a bulletin board for awards, papers with good grades, and other accomplishments. A bulletin board would also work well for posting study schedules and reminders of project due dates.

- **Content posters:** Encourage your child to make large content signs of what they’re studying.

- **8 Keys of Excellence:** Hanging wall signs of the 8 Keys of Excellence is a great way to keep them in mind. You could hang the Key of the month (from the Refresher Series) in a place where everyone will notice it and remember to focus on it. Or your son or daughter might want to pick a Key that he or she wants to focus on and hang it prominently in their study space.