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Mobile Phones?



NO MOBILE PHONES IN THE BEDROOM OVERNIGHT

An essential strategy is to quarantine mobile phones from teenagers' bedrooms during sleeping times. Perhaps even have all phone charges located in a family area of the home and an agreed rule that all phones should be in their charging dock overnight.



A PARENTS' ESSENTIAL GUIDE TO THRIVING KIDS IN A DIGITAL AGE | DRKRISTYGOODWIN.COM

Is it okay for my child to use a touchscreen device in the bedroom?

Dr Kristy Goodwin: RAISING YOUR CHILD IN A DIGITAL WORLD

Children's bedrooms really should be tech-free zones. The use of screens before sleep time can be problematic, particularly mobile devices because they emit blue light. Blue light screens can be detrimental to a child's sleep habits as it suppresses the body's production of melatonin, which is required to help children fall asleep quickly and easily. This can result in sleep delays and over time, these sleep delays (perhaps they're only 10 or 20 minutes here and there) accumulate into a sleep deficit. Irregular sleep has ramifications on children's capacity to learn, their physical and emotional health.

PARENT TECH TIP:
Establish a digital bedtime. In an ideal world this would be 30 minutes before sleep time.

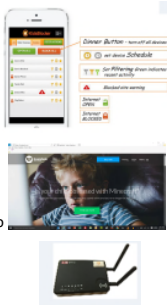


All we want students to do is....

- Keep schoolwork time and personal technology time separate.
- Do your school work in distinct blocks of time and during that time just focus on schoolwork.
- If you want to collaborate over Skype or messenger or ask for your friends help or discuss your work – allocate a separate time for this, do not do it during your personal blocks of schoolwork time.

Online Management

- Best to give students a chance to prove they can **keep schoolwork and personal technology time separate**.
- If not, then can buy a **wireless router** for >\$250 (the ones provided by telcos usually don't have these facilities) that allow you to monitor and set up restrictions on wireless devices in the house.
- Eg KIDS BLOCKER, KOALA SAFE or pop into Harvey Norman and see what they have. (See Page 3)

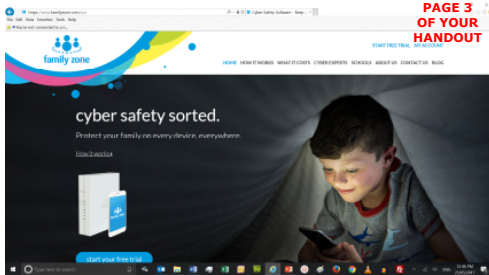


Note – the feedback has been mixed (mostly positive though), some people love it others have had issues where it moves students Apps around. Read the reviews and decide for yourself.

- CONTRACT FOR PARENTS & KIDS
- APPS REARRANGING SOLUTION
- IOS PARENTAL CONTROLS
- APP BLOCKER
- INTERNET BLOCKING
- BLOCK SOCIAL MEDIA
- CHILD DEVELOPMENT
- PARENTAL TIME LOCK
- HOUSEHOLD CHORES
- PRESTIGE

FAMILY ZONE box and app

WRITTEN DOWN ON PAGE 3 OF YOUR HANDOUT



Cyber safety sorted. Protect your family comprehensively on every device, everywhere.

Students!




Read this to your parents:

"I am going to not do personal technology activities like social media or games during the blocks of time when I am doing schoolwork!"

Then explain to your parents:

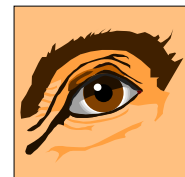
What your plan is – how will you keep these activities separate?

Intro to Learning Preferences

- Visual  ■ Seeing
- Auditory  ■ Hearing
- Kinaesthetic  ■ Doing

Usually go to one preference first, then second and usually not much to third.

Visual



VISUAL LEARNING



- you need to see it or read it to know it
- you don't retain what you hear for very long
- you may think in pictures or words
- you have a vivid imagination, may be an avid reader
- you like to take detailed notes
- you have a strong sense of colour, you like to colour-code things
- you probably doodle in your notebook
- you tend to make lists for everything
- you prefer to study by yourself in quiet room
- you look around when you come in a room, you make eye contact
- you care about your appearance, like to be neat and like things tidy
- you speak fast as you try and keep up with the pictures in your head
- often high energy

What techniques are
visual learning
techniques???

Visual learning:

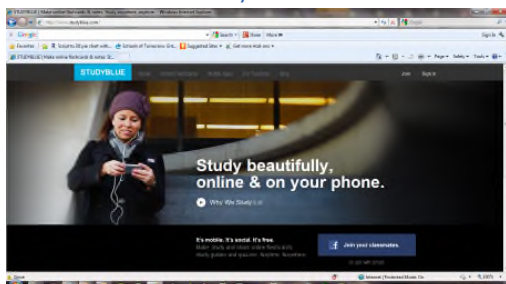


- read notes then see what you can write without looking at the notes
- organise notes using COLOUR, highlighting and structure
- use MIND MAPS, sketches, flowcharts and diagrams
- VISUALISE words or facts to be memorised
- make MENTAL PICTURES and associations
- PRE-READ textbook sections before class
- make FLASHCARDS : limit amt of info so mind can make mental pictures
- put up NOTES around the house as visual reminders
- translate words and ideas into SYMBOLS, pictures and diagrams



Online Flash Cards

www.studyblue.com



Auditory



AUDITORY LEARNING

- you remember what you hear or listen to
- you would rather listen and learn (than read and learn)
- you talk while you write
- you use your index finger when you are reading
- you sometimes misread words ie then or them
- write lightly and not always legibly
- you can remember how things sounded
- you lean towards sound instead of pictures
- you like speaking, your voice is rhythmic and has lots of depth
- you are always singing to yourself, tapping a beat
- you hate clothes that make a noise, swishy material, jangly jewellery
- you are rhythmic and relaxed in your movements

What techniques are
auditory learning
techniques???



To make MP3 files:

MAC -
Garageband

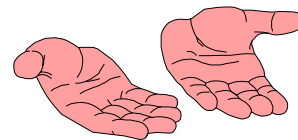
PC - free
program you
can google:
"AUDACITY"



Auditory Learning

- make RECORDINGS eg a qu. and answer mp3 file
- RECITE, repeat and say it out loud to aid recall
- EXPLAIN it to the cat
- make DISCUSSION groups with friends
- never miss a CLASS, you'll learn more in class
- when trying to understand something, TALK your way through the information.
- make it RHYTHMIC, tap out a rhythm as you recite

Kinesthetic



TACTILE/ KINESTHETIC LEARNING

- you remember what was done (not what was seen or talked about)
- you don't hear instructions well
- you hate sitting for long periods of time
- you use your hands when describing things
- you learn through moving, doing, touching (physical)
- you can assemble things without reading instructions
- you love sport and games, may be athletic
- when not playing sport you can be slow/clumsy in movements
- don't care as much what clothes look like, want to feel comfy
- you learn by imitation and practise

What techniques are
kinesthetic
learning
techniques???

Kinesthetic Learning

- **REMOVE** all distractions
- Work in short **BURSTS** of time (ie 20/30 mins)
- do something like ride an **EXERCISE** bike while reading
- **REWRITE** notes or **TYPE** into the computer to reinforce by sense of touch
- **PACE OR WALK** while studying or reading notes
- write notes or facts out **OVER AND OVER** to reinforce them
- sit near the **FRONT** of the classroom to help you stay focused
- take **NOTES** or draw diagrams of the info so you stay on track
- find ways to make it **TANGIBLE**
- lots of **EXAMPLES** in study notes
- Try and **MOVE** while you are studying – even if it is just chewing gum!