



GREY KOLLEGE SEKONDÊR COLLEGE SECONDARY

A SOUTH AFRICAN PARALLEL MEDIUM SCHOOL FOR BOYS

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LEARNING AND SUPPORT CENTRE **Creating Structure and Routine during Crisis Schooling**

Establishing structure and routine for our children in an environment that is not a school, but rather a place of safety, relaxation and enjoyment – the home – is a challenge many are currently battling with. While a large degree of fruitful independent learning is dependent on an individual's self-sufficiency, self-discipline and intrinsic motivation, the following practical guidelines for parents may help in assisting our boys to adjust to their current schooling situation.

1. Keep to the normal school day order of activities.

Devise a sense of normalcy by setting alarms for the same time each day, albeit later than the normal school day. Let them get dressed and eat breakfast before moving to a designated home study space away from unnecessary distractions and the social use of devices. Don't feel compelled to mimic a normal school day's hours. Instead, plan the day keeping the normal rhythm of your individual household, as well the time of day your child is most productive, in mind.

2. Create a routine rather than a schedule when not following a timetable set by the school.

For learners who are not naturally inclined to adhere to rigid time slots or to rise early, a routine of ordered events that need to be completed in a sequence may be easier to follow, in comparison to a strict schedule. Academic responsibilities can then be converted into specific, time-related goals to be achieved and planned around set events during the day, such as lunchtime. For example: instead of scheduling Mathematics for 08:00, English for 09:00 etc., encourage learners to have completed three subjects by lunchtime.

3. Use natural motivators to get through the day.

Pair undesirable tasks with desirable tasks and let them do the hardest tasks first, followed by some form of a reward. Managed / structured social media time is a good example of such a reward for the completion of an academic task.

4. Help them divide the work into manageable chunks.

This will help to decrease stress and procrastination. Learners often procrastinate when they feel overwhelmed and the task seems insurmountable. By setting priorities and organising the academic day's demands into smaller tasks, the work is more manageable and less intimidating.

Our job as parents is not to simulate the traditional school environment, but rather to support our children as they navigate new ways of learning whilst working with what is available to them, and to help them tolerate the uncertainty, rather than try and provide certainty.

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