

SECONDARY PARENT NEWSLETTER ARTICLE

Learning Growth Strategy: Middle – EFFECTIVE READING & SQ3R METHOD Academic Growth Strategy: Senior – MEMORY TRAINING

WHY: for students to: Middle – understand their purpose for reading to choose the most effective way, and then use the SQ3R Method to make sense of it. Senior – practise memory building techniques to add layers to their memories to retrieve information effectively.

Middle: encourage students to choose what their purpose for reading is and then google it for more detailed instructions on how to use it: *Skimming* – gaining an overview by flipping through the pages. *Scanning* – rapidly reading and skipping large areas of text looking for key words, and reading that section carefully. *Memorising* – reading slowly and carefully. *Gathering* – steady reading to identify main points, emphasis and facts. *Discovering* – steady reading looking for author's writing genre. The SQ3R Method helps students find meaning in what they read, and stands for: S Survey Q Question 3R Read – Recite – Review. *Survey* – read the title, introduction and the first and last paragraph of each chapter for messages. *Question* – change headings to questions and read to find answers. *Read* – read with pen taking notes to answer your questions. *Recite* – recite your questions and answers aloud. *Review* – after a day, review your questions and answers.

Acknowledgement: Robinson, Wade & Walsh

Senior: training students' brains to see patterns. Learnt material is initially held in their brains' short-term sensory store as pictures. To move it to their long-term memories, use regular revision to understand it logically by: *Repeating* – summarising to circulate information in their minds. *Differing approaches* – using other texts/websites for varying angles. *Exchanging ideas* – discussing to think critically about their ideas. *Routine* – creating plans to solve problems. *Mnemonics* – using letters to trigger key points in their minds. *Group Associations* – linking areas through themes/similarities. *Summary Flash Cards* – cards of main points and key words to recite. *Phone* – listening to summaries while travelling. *Idea Maps* – visually linking concepts. *Listing* – organising information in a list. *Visualising* – looking beyond the printed word to create a mental image. *Reading between the Lines* – recognising the causes for what occurred.

Acknowledgement: Wade & Walsh

Living and Learning Growth Activities:

Middle

Vocabulary Builder: contain, reluctant, society, witchery, intention, language, humans, dream.

Wellbeing Growth Tip: Challenge yourself to create pathways for living and learning growth.

Senior

Vocabulary Builder: squelched, privateer, scintillate, irascible, aghast, zenith, jockeying, partial, manuscript, usage.

Academic Growth Tip: To reinforce your understanding, teach and help other students.

Character Strength: brainstorm how they can use *Forgiveness* to build their living and learning growth and wellbeing.

Parent Wellbeing: you can become much more optimistic and connected to yourself when you write down your thoughts. Buy a diary and every morning before you start the day write down things that you are looking forward to most for the day. Every night, write down three good things which happened that you were grateful for and share them with your family. What were you grateful for today?

Acknowledgement: Seligman & Peterson