

## Studying with Children

Victoria College embraces non-traditional students, but children can make it difficult to find time to study. These tips are from students who are also parents.

### **Explain Why and Ask for Help**

Parents can gather children and explain that college requires study time. They can ask the older ones to help with household chores and arrange safe activities for the younger ones.

### **Keep Children in One Place**

Getting all the children to sit at the table and do their homework or other quiet activities will allow the parent to watch them and study at the same time.

### **Use “Pockets” of Time**

Time may be found in unusual places. Parents need to be prepared and keep study materials close. They can arrive at class 15 minutes early and leave 15 minutes late to create a window of opportunity, if the time is used to study. Keeping study materials in the car when taking children to activities or waiting to pick them up could help with reading another chapter or reviewing flashcards.

### **Plan Special Activities**

Scheduling reading and study time to meet the family’s needs will allow time to read and study.

- Parents can co-op babysitting by finding other parent-students and taking turns watching the children.
- Taking children to the park to play allows the parent to read/study and keep an eye on the children. This builds independence and teaches children to respect study time. Physical activity can mean healthier and happier children.
- On certain occasions, an age appropriate video or TV show can keep children occupied. TV should not be used as a babysitter, but it can be a treat for the child and allow study time for the parent.

### **Allow for Interruptions**

It is possible that interruptions will happen, even if activities are planned for the children. Parents should simply take care of the children’s needs and create another opportunity to read and study.

### **Plan Study Breaks with Children**

Studying should be done in 50 minute sessions with a break to let the mind rest and recover. This is a good time to make snacks for the children, start a meal, supervise bath and bedtime, or just spend quality time with the children. The children can also do their homework this way and meet together for family time.

### **Make it a Game**

Older children can become involved in a parent’s study time by making flashcards or asking their parents questions over the material. Reading assignments to a baby in a soothing voice will allow quality time with the infant and study time for the parent. A baby will not understand the words but will respond to being read to and held. Showing study videos and explaining the topic can help both parent and child learn.

### **Just Read Something**

Even if parents cannot find time to read an entire assignment, they can skim read, outline chapters, and mark passages in a textbook, activities that require less concentration than reading an entire chapter. Doing some preliminary work will strengthen memory of the material while keeping an eye on the children.