



Se as crianças poderão adquirir os hábitos do arranjo de informações e de elaboração do plano de estudo, rever os apontamentos ensinados pelos professores frequentemente. Se necessário, usando mapas mentais e outros métodos de pensamento, de modo a estudar sem grande esforço.

V. Ajuda a determinar o ideal adequado

Com ideais e objectivos, a aprendizagem das crianças tem um guia. No entanto, crianças cujas capacidades são diferentes definem objectivos diferentes. Podem definir um objectivo não muito elevado, de modo que as crianças o alcançam com esforços.

Não é possível as crianças terem paciência para atingir os ideais mais elevados, mas a autoconfiança pode construir-se, passo a passo, com pequenos êxitos, baseados no esforço diário. Para esta construção são essenciais o saber e a consciência do dever cumprido. Quando as crianças tiverem uma capacidade considerável e interesses formados, aumentarão automaticamente os seus ideais e objectivos. Os

pais devem supervisionar e incentivar as crianças a definir e a alcançar uma meta. Se os filhos ainda são muito jovens, os pais têm de acompanhá-los a alcançar a meta juntos. No entanto, você deve prestar atenção para não ajudá-lo executar a tarefa, por isso não é fácil a criança.

5. Conclusão

As crianças são sempre crianças dos pais, quer cresçam em qualquer fase, os pais têm responsabilidades, têm de as ensinar. Se os pais, com cuidado e paciência, ajudarem as crianças a serem bem sucedidas, principalmente no 1º ano da escola secundária, deixando-as desenvolver uma boa capacidade de aprendizagem e adquirir uma visão positiva da vida, as crianças podem desenvolver uma base sólida quanto à futura vida de aprendizagem.

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Extracto de "Pais Perfeitos", No. 19, Maio de 2007

03

Help Our Children Go Through Their Critical Period "Junior Secondary 1" with Our Best Effort

After a long school summer holiday, our children stepped from primary school into another learning stage in their life. After entering "Junior Secondary 1", they seemed growing up suddenly. They felt there was a need to be independent in adolescence but actually they lacked self-independent ability on their study. It was natural that parents worried about: afraid of that their children would become bad because of "rebellion", afraid of that they could not catch up with their study, afraid of.....

Actually parents and children should pay great attention to and be brave enough to face some problems when children start to learn in "Junior Secondary 1".

1. To pay great attention to children's physiological and psychological changes

Most children are in the beginning stage of adolescence when they start to study in "Junior Secondary 1". Therefore their parents must be concerned about their physiological and psychological changes. These changes include:

- The height of their body increases rapidly and secondary sexual characteristics appear.
- The gradual physiological changes initiate unsteady emotion. Sometimes they feel unhappy for no reason; depressing; or easily get excited and lose temper.
- They believe that they are grown up and hope to have decision on things of their own, for example: clothing, time arrangement and money spending etc.
- They always feel that their parents do not understand them and bring trouble to them. Thus they feel lonely and helpless.
- Sometimes they feel that parents are busy with works and nobody will accompany and listen to them or watch them. So they can do anything to entertain themselves without constraints.
- They feel that their friends are their intimate companions and only these friends can help them to solve problems.

2. Children' frustration starts from underestimating the importance of "Junior Secondary 1"

Some of the parents worry about the study of their children and send them to tutoring centre when they are very small. For a long time, these primary school children depend on tutoring centre. After their primary school graduation, most of them will say to their parents, "I do not want to go to tutoring centre. I want to study by myself!" Parents will think that their children starting to be independent when they enter "Junior Secondary 1". They lower their guard and do not pay close attention on the critical period "Junior Secondary 1" of their children and children' frustration starts from that moment because of that.

In fact, "Secondary Level 1" is the important time when children learn to manage themselves. There is a great difference on the ways of learning between secondary school and primary school. In secondary school, children regard more importance for thinking. They are requested to use what they learnt to solve problems. Children who are not accustomed to using brains experience difficulty. In addition, teachers' explanations are not as detailed as in primary schools. In certain level, children need to arrange study themselves. After their training in primary school, children should know the ways of learning and how to arrange well their learning workload, time and orders. But children who have only vague idea will not be able to catch up.

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Allowing children to be their own master often results in children playing most of their time. If both parents go to work, nobody will watch them. As a result, it happens that children will spend little time for learning and most time for playing. They will just take a "look" on book and think they "understand" the contents, because their teachers say do not remember hard but write down the important points in tests. But how can they write down the important points if they do not understand the contents in books? Curriculum subject increases in secondary schools and class hours are longer and test contents increase. If you do not have enough time for study, how can you pass the tests and examination for all subjects? Despite increase in study pressure, the children request for reducing pressure and relaxation instead of studying hard. As time goes by, their academic performance gets backward. They feel helpless in study. Since there is no hope for improvement in study and frustration increases, they give up on themselves and indulge in playing and enjoyment. At last, they have to repeat class. Thus these children waste one year's time, moreover, they lost confidence on leaning.

Therefore, parents need to provide appropriate counseling to their children even after they enter "Junior Secondary 1". Besides accompanying their children in this independence learning process, parents need to teach them how to control their emotion, manage their own study and adjust time for entertainment etc. , allowing them to understand the meaning of independence and autonomy, be responsible to their parents, understand their own value and to stand hard through the critical period "Junior Secondary 1".

3. Parents need to adjust their attitude

Although children always say that they want to be independent after they enter "Junior Secondary 1". In fact they still need to depend on parents for many things and they need parents' respect and concern. Therefore parents also must adjust their attitude in order to assist them to grow up healthily. For example:

1. To listen more

Parents need to listen to children patiently and should not be subjective whenever they hear undesirable things, so as to avoid becoming angry when they cannot remain calm. Otherwise children will finally lose confidence in their parents and not talk from their heart to them anymore.

Parents need to listen to the whole story before they analyze the case and remember not to interrupt the conversation. If they find that it is a serious case, they can analyse, guide the children to make analysis immediately, find solution or ask for help and should not be angry or rebuke them which will hurt the harmonious atmosphere, create a gap between both, and worsen the situation. Listening more allows parents to understand more about their children.

2. To forgive more

It is understood that our children, just like everyone else, will face failure and be hurt. When children fail in test or examination, most of the parents will loudly scold the children because they worry their children cannot past class. The result is that children will think that their parents do not love them and thus it affects parents-children relationship.

Parents need to possess a heart of forgiveness. When children start to learn in "Junior Secondary 1", sometimes they fail because they are not familiar with the way of learning life in secondary school. We should first understand the reasons of their failure and discuss with them for future remedy.

3. To encourage more

"Learning from mistakes" is the important way for life learning. Encouragement allows people to "Restore for Life". Parents need to make children understand that failure is not the end of the world. If they work hard, their academic performance will improve definitely.

4. To support more

We can increase the confidence of children by supporting their decisions. Still we have to pay attention if their decisions will hurt others. We have to point out the question kindly and then discuss with our children to find more appropriate solutions, to provide resources for workable suggestions.

5. To appreciate more

We have to praise them appropriately allowing them to recognize their own value and capability. Then it will increase their confidence and inspire the students to do right things aggressively. Once children are sure that they are doing right, they will continue to develop following this direction. Therefore when parents praise them appropriately, it will not make them arrogant instead children will feel that they are being recognized and appreciated and will step forward aggressively.

4. Help our children to construct their own learning module

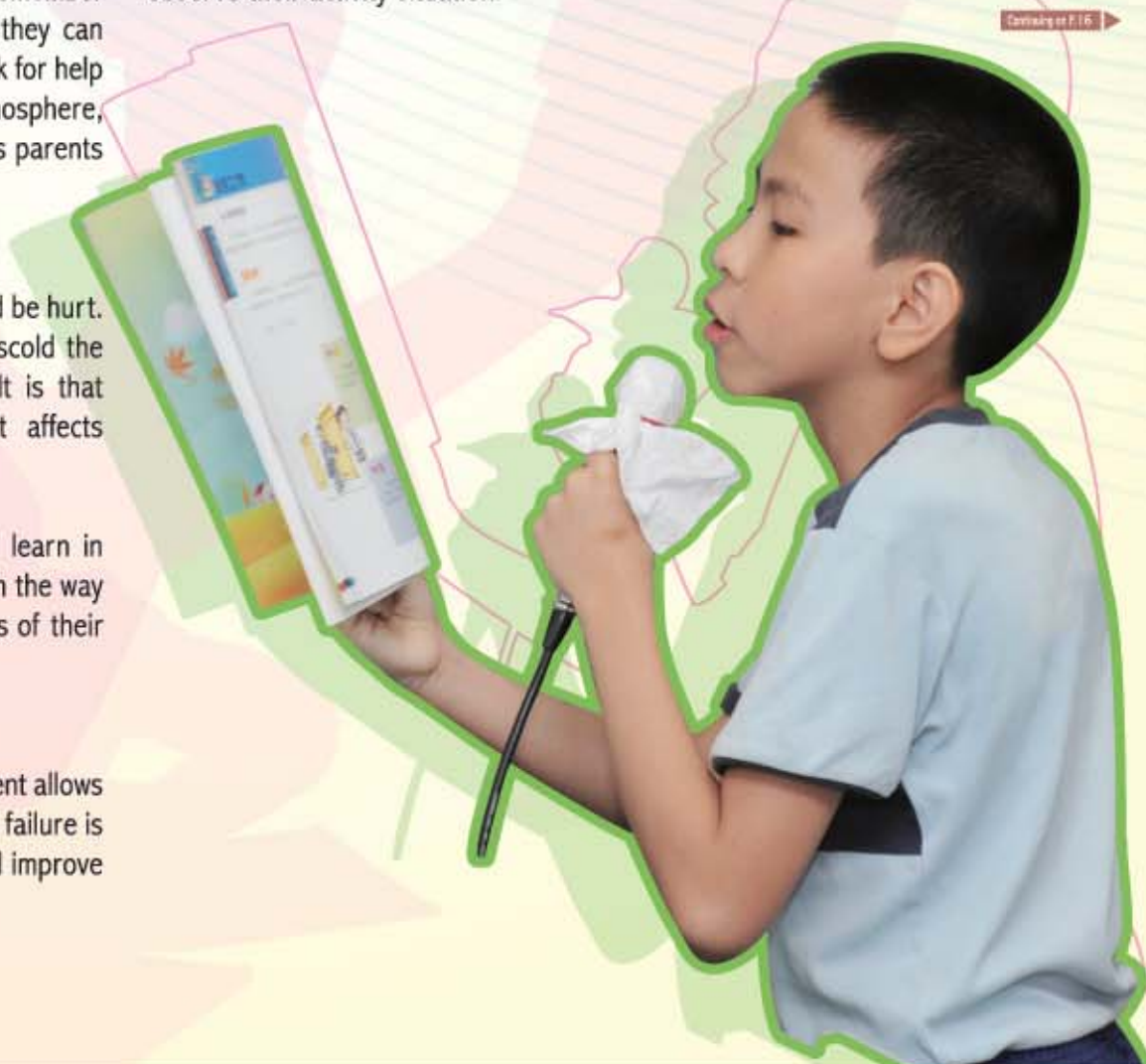
It is very important for parents to help children building a good learning module in their "Junior Secondary 1". Parents can try from the following different aspects to help their children to build their own ways of learning, improve continually and strengthen their own learning ability.

1. To build a suitable learning environment

Most of our children have their own desks and bookshelves which are more convenient for doing homework and study. Some of them use to study on eating table with sisters and brothers together.

No matter what it is. Children need a quiet environment, a simple and clean decorated place for study. In order to provide a quiet environment while children study and do homework, there should be no television sound and too much chattering. We can play light music or piano music to relieve their nervousness and the volume should not be too high. The decoration of the learning environment should be simple and clean. On the desk there should be no book or gadget which are not related to studies. Especially the computer should not be placed together. It should be placed in one side of the sitting room to avoid disturbing the attention of children.

When children are studying in their own rooms, the windows need to be opened ensuring good ventilation. It will be good for children's mentality and parents can observe their activity situation.





2. To encourage children to participate in healthy outdoor activities

Most of the parents believe that playing machine games do not affect children's studies. They provide machine games to children to encourage children to study hard. In fact it is the stylish entertainment for children to play machine games after school. The problem is that if parents cannot manage well, children will indulge in it and cannot leave it. It may create problems on study, interpersonal relationship and family.

Group outdoor activities allow children to learn interpersonal communication skills and also increase their confidence and self management ability. All these definitely help their study and most important of all it helps to exert their creation. When parents choose activities for children, first they need to choose activities which children like, so that they will not give up easily. For time arrangement, they need to help them to arrange time appropriately, allowing activities to be carried out on a regular basis. Therefore, nowadays many government-organized activities or privately arranged activities invite adolescents and children to participate. These activities are beneficial for children. Recreational activities include swimming classes, track and field classes and other ball sports. Entertainments include calligraphy, arts, musical instruments and singing and dancing. Even there are voluntary works in libraries or other charity organizations. There are definitely numerous.

After children's participation in these activities, the beginning stage is most important. We should allow them to persist for a period, help them to discover fun, share their experiences and feelings; encourage them and to prevent them from giving up because of too much difficulty.

3. To cultivate children's aggressive learning motivation

In the aspect of learning motivation, generally if children believe that the learning subject is useful, interesting and for immediate need, then they will learn by heart. As parents, we must make children understand that things learnt in schools have close connection to our daily life. For example, mathematics is useful for calculation of savings, purchasing or daily expenses; learning English allows us to communicate with foreigners and understand western films etc.; from the historical events we learn the abilities of analysis and judgment. Anyway, if we can cultivate our children to have aggressive learning motivation from "Junior Secondary 1" our children will feel that learning is difficult but interesting.

4. To cultivate a good way for learning and habit for children

An effective way of learning will get twice the result with half the effort. Parents may request children to master some techniques. For example: to take notes on paper in class, use a practice book to take record for each subject or make symbols on books with colour pencil and write down important notes from teacher's lectures. After lesson, ask the teacher immediately on things which are not understood or study or exchange views with schoolmates. At home, organize notes on papers and important contents, or use related pictures, diagrams or pictures remembered in our brains to show the relationship between these contents. So that learning contents are well organized, systematic, easy to understand and remember.

If our children can cultivate the habits of organizing learning data and scheduling study plans, always revise the content of teacher's teaching or use Mind mapping ways to think about problems when necessary, they will not feel studies to be too difficult.

5. To assist children to set appropriate and ideal target

Only when there are ideal and target, will children have directions for learning. But, the targets of children should be set in different levels according to their different levels of capabilities. Therefore, the levels of ideal targets should not be too high in order to allow children to have more energy to strive for and achieve target.

Children may have not enough patience to achieve their noble ideals. It must be done step by step. When children have certain level of capability and interest, they will elevate their own ideals and targets. Once the children have set up their targets, parents must supervise and urge them to persist all the time and achieve it. If children are still small, parents need to accompany by their sides to achieve targets together. Parents must not do it for them so that children will not give up easily.

5. Conclusion

Children are always the children of parents. Whatever stage they are in, parent must instruct them. This is the responsibilities of parents. If parents can help their children step into "Junior Secondary 1" smoothly with their good intention and patience, allowing them to build a good learning ability and aggressive life, children will have strong bases for their learning life.

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Excerpted from : "Perfect Parents" 19th Issue, May 2007

