

5 Ways to Teach Your Child Time Management

"I forgot my homework!" This is the dreaded line that neither parents nor teachers want to hear. With the wide range of extracurricular activities, athletics and supplemental education programs, it is easy for children to misplace assignments or simply forget to complete them.

To help get your child get on the path to organization and better time management habits, here are some helpful tips from Eye Level, the global leader in self-directed learning:

- ◆ **Start with sequencing.** Time management starts with a basic understanding of sequencing. Using key words such as first, second, then, lastly, and so on, help children understand chronological order and reinforces the basics of time management - the what and when.
- ◆ **Visualize the day.** A "clock" cut-out is an effective, visual way to help children plan out their day. Have your child fill in a 24-hour clock, blocking out time for sleep, school, extracurricular activities and homework. Not only will this help a child with time management, it also introduces them to spatial awareness (e.g. The space allotted to sleep should be greater than that allotted to television).
- ◆ **Create a list.** A simple list will go a long way. This more traditional approach to planning can help a child organize the day by the time allotted for each activity. To enhance this tactic and further teach organization, have your child create a separate list of priorities.
- ◆ **Prioritize.** This is a great way to emphasize the importance of homework and school studies. When scheduling and planning, be sure to start by mentioning the essentials, such as sleep and homework, to highlight what your children should focus on.
- ◆ **Plan ahead.** Sit with your child at the beginning of each week and discuss upcoming events. Marking the calendar or simply talking about future events in a planned, calm environment can save twice the time and help avoid scrambling under pressure.

ABOUT EYE LEVEL

Eye Level, a supplemental education and enrichment program, offers a teaching philosophy and education method where self-directed learning, individualized academic coaching, and critical thinking are at the core of helping children improve and excel in their academic pursuits. Eye Level has more than 180 centers in the U.S., and more than 780 additional locations throughout the world. Eye Level is a wholly-owned subsidiary of Daekyo Co., founded by Youngjoong Kang, who also acts as the Chairman of Daekyo's Board of Directors.