



暑假學習時間： 善用還是荒廢？

「求你指教我們怎樣數算自己的日子，好叫我們得著智慧的心。」（詩90:12）

牛津大學指出，當學生在整個暑假沒有進行任何學習活動時，會出現暑期滑坡（Summer Slide）的以下幾個現象：

1. 閱讀技能的退步：2個月。
2. 數學技能的退步：2.6個月。
3. 利用在校學習時間彌補損失能力所需時間：1.5個月。

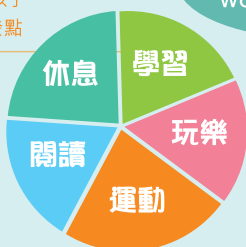
不過，研究指出只要每星期學習最少2-3小時就可彌補暑期滑坡的現象。因此，家長們和孩子一起規劃暑假時間安排，可以鞏固在學校中已經學習得的知識，平衡學習和休息的時間。



1. 建立固定習慣和作息時間

孩子在暑假突然握有大量時間，也有很多想達成的願望，最大的挑戰就是孩子不知道該怎麼管控這些時間。沒有合理安排的暑假會讓孩子養成懶散、不愛學習、沉迷遊戲等不良習慣。以下是幫助孩子管理時間的注意事項：

忌	宜
因為不用早上學，所以養成晚睡晚起的睡眠習慣	每天都在同樣的時間起床，養成固定作息時間
隨心所欲，漫無目的	具體列出簡單而明確的目標，不要給孩子具體細化到什麼時間幹什麼事情，只要把這一天所安排的事情完成即可
所有目標都由家長決定	鼓勵孩子尋找想要達到的目標，從孩子自己有興趣的事情和需要作為出發點



2. 定下具體明確的目標

有孩子會定下「我要溫習英文」，但怎樣才算好好溫習英文？沒有量化複習內容，那麼在執行計劃的時候，必然會出現問題。因此，任務需要被量化，例如每天觀看英文新聞節目30分鐘、每天完成2份英文閱讀理解練習、每天學習10個生字等。



3. 每天堅持閱讀半小時

暑假令學習成績倒退的主要原因，是大腦運用在長假期間驟減。閱讀就是其中一個令大腦保持在學習狀態的好方法，因此研究「暑期滑坡」現象的學者建議，若能在暑假每天堅持半小時，共閱讀十二本書籍或以上，便能大致抵消學習倒退的情況。

家長小貼士

歡迎家長們填寫下列Google 表格與我們分享一些有效的策略，以幫助您的孩子在暑假期間有效地學習。

在收集您的反饋後，我們有機會在學校活動中與其他家長分享您的寶貴建議。

<https://docs.google.com/forms/d/13OEQWEqO-RobFRjY2-t5utYuqEeaS3tccLoJ34F9ED-w8/edit?usp=sharing>



Summer Learning Time: Use it or Lose it?

So teach us to number our days, that we may apply our hearts unto wisdom. Psalm 90:12

University of Oxford pointed out that when students do not engage in any learning activities throughout the summer vacation, the following phenomena in the "Summer Slide" are found:

1. Decline in reading ability: 2 months.
2. Decline in math ability: 2.6 months.
3. The time required to make up for the loss of ability with the time spent in school: 1.5 months.

However, studies have shown that as long as your child studies at least 2-3 hours a week, he/she can make up for the summer slide. Therefore, parents and children should plan the summer vacation time schedule together, which can consolidate the knowledge already learned at school and balance the time between study and rest.



1. Establish regular habits and schedules

When your child suddenly has a lot of time and many wishes during the summer vacation, the biggest challenge is that he/she may not know how to manage his/her time. Summer vacation without reasonable arrangements will make your child develop bad habits such as laziness, dislike of learning, and addiction to video games. The following tips are to help children manage their time:

Don'ts	Dos
There is no need to get up early to go to school, so a sleep habit of going to bed late and getting up late is developed.	Get up at the same time every day and develop a routine.
Do whatever your child wants, without any aim.	List simple and concrete goals. Don't overtly control your child to complete the task at a specific time. Just complete the tasks scheduled for the day will do.
All targets are set by parents.	Encourage children to find the goals they want to achieve, starting from their own interests and needs.



2. Set Concrete Goals

Some children will like to review English, but what is considered to be a good review of English? If there is no quantitative review content, then problems will inevitably arise when implementing the plan. Therefore, tasks need to be quantified, such as watching English news programs every day for 30 minutes, completing 2 English reading comprehension exercises every day, learning 10 new words every day, etc.



3. Persist in Reading Half an Hour a Day

The main reason for the decline in academic performance during the summer vacation is the sudden decrease in the use of the brain during the long vacation. Reading is one of the good ways to keep the brain in a learning state. Therefore, scholars who study the phenomenon of summer slides suggested that if your child can persist in reading half an hour a day during summer vacation and read a total of twelve books or more, he/she can offset the learning regression.

Tips from Parents

Parents are most welcome to share with us some effective strategies to help your child to learn effectively during summer holiday. After collecting your feedback, we would like to share your invaluable tips with other parents in some school events.

<https://docs.google.com/forms/d/13OEQWEqORobFRjY2-t5utYuqEeaS3tccLoJ34F9EDw8/edit?usp=sharing>