

3 TRICKS HOW TO CHANGE YOUR WORKSPACE AND IMPROVE YOUR STUDY RESULTS

E-BOOK BY MOJCA KLEMEN - MOJARIEL



Is school an obstacle or an opportunity?

Most families can hardly wait for the holidays, when children put their schoolbags away, there are no test papers, no stress before exams, no embarrassing moments in front of school friends, ...

There are many cases of the whole family being stressed out. And you can imagine how chaotic it may seem sometimes, especially if you have one or even more children who go to school. Parents trying to do their best, teenagers saying that their parents don't have a clue about anything. Well, nothing new. It is a phase, the experts say.

“We don't know what to do.”, is a sentence I hear way too often.

This is what many parents say when they don't know how to help their children because they can't help, because school is too difficult, because their kids don't want to work for school, because their kids are stressed, bullied, exhausted. Parents have their own responsibilities and work to do, they haven't got much time, so quite often they give in and help their kid with homework, projects, ... But this doesn't help their kids to get focused, to find motivation. We as parents should set rules about the screen time, we should show them how to cope with those schoolfriends who bully them, how to talk to that cute girl/boy they are in love with, how to study so that their knowledge will be shown and good grades will follow.



Many times there is just one of the above mentioned issues, often there are many or even all of them at the same time. The fact is that parents didn't pass some exam, they didn't take any courses on how to cope with their kids having problems at school, there weren't any instructions given to parents on how to react to certain issues, how to set limits, how to help their kids to find motivation for school work. It is the child who has to do the school work and take the responsibility for his active or passive part in school. We have a very important role here, to help them find the way and not excuses. The same goes for life. So if we prepare them to be independent to the extent they can be according to their age, we are doing a great job. But of course I totally understand parents who worry. Finding the solution and providing the best conditions possible for our kids to thrive is parents' dream.



Being a teacher for almost 20 years I have heard many worried parents' stories.

And this problem occurs very often. I decided to share some hints on how to reorganize the study room and help your kid to achieve better results at school. His self-esteem will grow, his inner motivation as well. And my advice helped many students and their parents, the only thing they needed was willingness to follow the instructions and to explore what is best for their child.

I am sure we are all aware that just by rearranging our child's room and by him watching TV or playing computer games, he won't become successful at school. Certain energy and work are needed for each and every success. Of course it is more effective if we work in a supportive surrounding. May it be arranged according to Feng Shui or any other way. We feel very relaxed, safe in some homes, and we never feel the same for some other houses.

So why wouldn't we just provide a safe, healthy and supportive surrounding for our child?

They would be able to find and express their potential. They will have to find it for themselves, we can just encourage them.

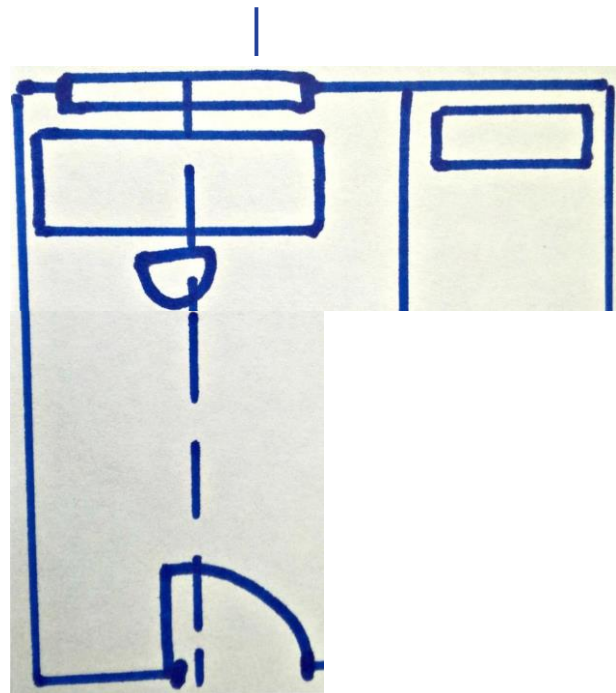




TRICK #1

What is the position of the desk?

The desk should be opposite the door, so that the child can see who enters the room. This symbolizes the opportunities coming into our lives and so we don't miss those opportunities. The doors shouldn't be behind the child's back, because he can be distracted by some noise, sound of steps, ... We want for our child to have a calm space for studying, doing homework, reading, ... Children are too often distracted by so many things. And one more thing, let him cooperate in the process of rearranging the room. Let him move the desk on his own, sit down, see how he feels now. It is also good if our child can see through the window from where he is sitting as well.





TRICK #2

WHERE IS THE CHILD SITTING?

It is very important that the chair provides a firm support for your child's back, as well as that there is a wall behind him. This is always the best position, ensuring him to feel safe, calm and has more energy for all the tasks. In case such a position is not possible, we should make some kind of screen behind his back which would symbolically stand for a support. Also your child should not sit directly between the window and the door because that is the energy line going from the window to the door (imagine the direct line between the window and the door). If you can't move his desk or chair, then put some flowers, plants on the window shelf, you can put a mobile on the ceiling, set a smaller screen, a small cabinet, chest of drawers, plants, to "destroy" that direct line from the window to the door.

TRICK #3

WHAT CAN THE CHILD SEE AROUND HIM?

Our child spends a lot of time in his room and as we all know everyone likes to decorate his room according to his taste. Of course it is recommended that the images he looks at every day are positive, happy ones; those may be the photos of their idols cheering them in their everyday tasks or the photos that calm them down. One option is that they choose their favorite motto. **If it is their own choice, that will mean so much more to them.** I did the same with my students, everyone choosing his favorite thought and then writing it on a piece of paper, decorating it. There were so many wonderful and cheerful thoughts. They took them into their rooms and I firmly believe that such hand-made thoughts are so much more worthy than all those which could be printed on the best printer or bought online.

Many children have TV sets, computers, mobile phones in their room and that is also a distraction, because all the time there is something going on. These distractions can affect the study results, communication, hyperactivity, sleep and health. How or to what extent should we set the screen time limits is another topic for another e-book.





MOJ ARIEL

Mojca Klemen



Thank you for taking your time. Thank you for doing the best you can for yourselves, for your children.

I hope you will find my thoughts, hints, recommendations helpful and will implement them into your lives. I would be grateful to get some feedback which might help other students and their parents too. So, please, share your results.

In case the issue is too much for you and you can't cope with it on your own, you can **get in touch with me**. We will take a look at your child's issue. We will define the factors that affect your child and see how your family can help. Everything is easier when your family supports you. If you decide to help your child and thus yourselves with my help, I will be very happy to provide my best service.



info@mojariel.com