

The Power Hour

One of the biggest difficulties for students is concentrating while they study. Some students can spend hours in front of the books and gain little benefit. Meanwhile, as the teacher is preparing to hand out test papers, students have tremendous powers of concentration as they desperately try to study their notes.

How can we harness those powers of concentration to help students study at home?

The Power Hour is the solution. This is one hour each night, five nights a week dedicated to study. It is completed in a six subject notebook at home devoting ten minutes to each major subject each night.

Within ten minutes time, the student must summarize all the notes/lessons learned in a particular subject that day. The aim is to complete the work in only ten minutes so that the student will work under pressure. Likewise, the notes are not to be copied, but rather summarized. Summarization forces the student to concentrate and understand the material so that it can be condensed. The student should aim to condense the material as much as possible.

This works well for Science, English, Social Studies, and Religion. For Math, ten minutes must be spent doing the type of problems learned in class that day. The aim should be to complete as many problems as possible in ten minutes.

In Foreign Language, the ten minutes should be spent translating, because this forces the student to master both vocabulary and rules of grammar. The aim should be to translate as much as possible in ten minutes.

If a student is confused about something, he/she must ask the teacher the next day, either before or during class. Parents can check the home notebook on a daily basis to make sure that the work is complete.

If done correctly, the power hour is guaranteed to improve student study skills and performance.