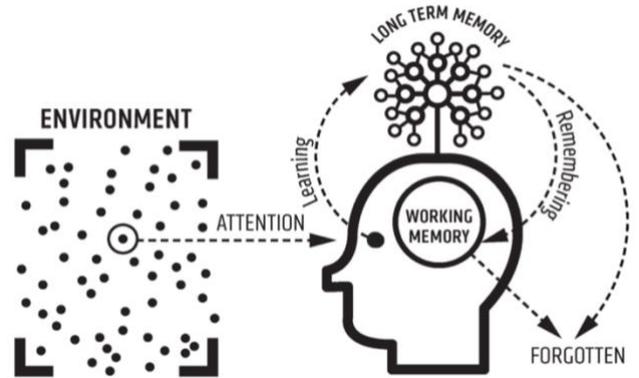




Why Learning at Home Matters

Learning at home plays an important role in helping students succeed at school. Research shows that learning is strengthened when students regularly **review, recall and practise** what they have learned in class, consolidating knowledge into Long Term Memory. Consistent study routines help students remember learning for longer, build confidence, and develop strong habits for future study. When home learning is regular and manageable, students are better prepared, less stressed, and more confident learners.



What learning at home looks like

Learning at home may include:

- Daily Review of what was learned in class
- Answering questions or practising skills in preparation for tests, assessments, presentations
- Reading for learning or pleasure
- Practising practical skills (e.g. music, languages, applied learning tasks)

These activities are designed to help learning “stick” in Long Term Memory by revisiting key ideas and skills over time.

What is Daily Review?

Daily Review is a short activity that helps students remember learning from the day.

It includes:

1. Recalling key ideas without notes	2. Checking accuracy and improving notes	3. Completing a short practice task or set of questions
--------------------------------------	--	---

Daily Review is one of the most effective ways to strengthen memory and reduce last-minute stress before assessments

How much study is recommended each week?

These time guides include homework, study and reading for pleasure:

Year Level Suggested Time	Year Level Suggested Time	Year Level Suggested Time
Years 7-8: 30-45 minutes per night	Year 9: 45 minutes- 1 hour per week	Year 11: 2-3 hours per night
	Year 10: 1-2 hours per night	Year 12: 2-3 hours per night

How families can support learning at home

Providing a quiet, distraction-free space for study	Supporting regular routines for homework, rest and sleep
Encouraging Daily Review	Monitoring Compass for learning tasks and feedback
Acknowledging effort and progress	Communicating with teachers if concerns arise

