

# The ULTIMATE Study Survival Guide for Parents

Practical tips to help your child stay motivated,  
focused and confident (without the nagging).



Brought to you by Elevate Coaching,  
helping over **1 million students worldwide.**

**elevate**<sup>↑</sup>  
education

## Introduction

# Why Study Feels So Hard (for Students and Parents)

Supporting your child through school can feel like walking a tightrope. You want them to succeed, stay motivated and build confidence, but without constant nagging or conflict. The reality is, most students are under more pressure than ever, and many don't have the tools they need to cope.



## The Pressure to Perform

From primary school through to senior years, the academic bar keeps rising. Students are expected to juggle heavy workloads, multiple subjects and major assessments, all while managing extracurriculars, friendships and home life. The pressure to perform is constant. For many young people, this leads to stress, procrastination and self-doubt. Not because they are lazy, but because they have never been taught how to study in a way that actually works.

## The Study Skills Gap

Most schools teach content, not skills. Students learn what to study, but not how. They are rarely shown how to manage time, retain information or prepare effectively for exams. Without structure or strategy, even the most capable students can fall behind. This gap in learning leads to frustration for students and worry for parents.

## The Parent Dilemma

As a parent, it is natural to want to step in and help. But knowing where to start can be overwhelming. Should you create a schedule? Remove distractions? Step back completely? Many parents find themselves caught in a cycle of reminding, checking and repeating, only to be met with resistance or shutdowns from their child. It is a tough balance to strike.

That is where this guide comes in. Whether your child is struggling with motivation or just needs better structure, the right strategies can make study easier, less stressful and more effective for them and for you.

# Spot the Warning Signs

Not all students will tell you when they are struggling. In fact, many signs of poor study habits or academic stress show up in subtle ways. As a parent, knowing what to look for can help you take action early, before frustration turns into falling behind.



## Signs Your Child Might Be Struggling with Study

- They procrastinate or avoid starting tasks, even simple ones
- Homework often goes unfinished or is left to the last minute
- They say things like “I can’t do this” or “I’m just not smart”
- They become easily distracted or constantly switch between tasks
- There is tension or resistance when you bring up schoolwork
- Their results have dropped but they are unsure why

If you ticked three or more, you are not alone. Many students experience these challenges, and most of the time, it is not about ability, but strategy.

In the next section, we will show you how simple shifts can help your child feel more in control and confident about study.

# The 3 Most Common Study Mistakes

If your child is putting in effort but not seeing results, the issue might not be their motivation. Often, it comes down to the way they are studying. These are three of the most common mistakes we see among students of all ages.

## 1. Studying for Long Hours Without Structure

Many students believe that more time equals better results. But without a clear plan, long study sessions often lead to burnout and distraction. They might sit at a desk for hours, but spend much of that time flicking between tasks, checking their phone or staring at a blank page.

What to try instead: Help your child set shorter, focused blocks of time with regular breaks. Techniques like the Pomodoro method can make study feel more achievable and less overwhelming.

## 2. Last-Minute Cramming

Cramming might feel productive in the moment, but it rarely leads to long-term understanding. It increases stress and leaves no time to ask for help or revise properly. Worse still, it can create a pattern of avoidance that is hard to break.

What to try instead: Encourage your child to spread out their study in advance. A simple weekly planner can help them break subjects into smaller, manageable tasks over time.

## 3. Passive Learning

Reading notes over and over again might feel familiar, but it is not effective. Passive methods like highlighting or copying notes do not build strong memory. Students often think they understand a topic, only to freeze up in a test when they have to apply it.

What to try instead: Active study techniques like flashcards, self-quizzing and teaching concepts out loud help build deeper understanding. The goal is not just to remember, but to apply.

Helping your child recognise these patterns is the first step. In the next section, we will share the study system that has helped thousands of students build better habits and improve results.



# The Study System That Actually Works

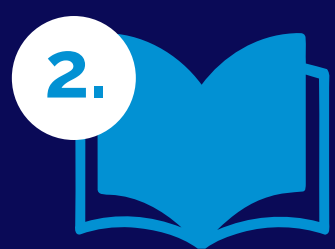
Most students don't need more pressure. They need a simple system they can stick to. At Elevate, we teach students how to study smarter, not harder, by focusing on proven techniques that drive real improvement.

## Our system is built around three core pillars



### Time Management

Students learn how to structure their week, break down assignments and plan ahead for exams. Instead of leaving things to the last minute, they develop routines that create consistency and reduce stress.



### Active Study Skills

We show students how to engage with the material in a meaningful way. This includes using recall strategies, condensing notes, and testing themselves in ways that actually prepare them for assessments.



### Motivation and Mindset

Studying is not just about discipline. We help students build confidence, stay focused and bounce back from setbacks. With the right mindset, they start to feel more in control of their learning.

This system works because it is practical, flexible and tailored to what students actually need. Whether your child is in Year 5 or Year 13, these habits can be adapted to suit their level and learning style.

In the next section, we will show you how to bring these strategies into your home in a way that supports your child without creating conflict.

# How Parents Can Help Without the Stress

You want to support your child, but it can be hard to know where the line is between being helpful and hovering. Too much involvement can lead to tension. Too little can leave them feeling stuck.

The good news is, there is a middle ground. With the right strategies, you can guide your child without taking over.

## *Tips that Work*

---

### **Set the environment.**

Help your child create a dedicated space for study that is free from distractions. A clean desk, good lighting and set study times make a big difference.

### **Ask, don't instruct.**

Instead of telling your child what to do, try asking open questions. For example, "What's your plan for finishing this assignment?" encourages ownership and reflection.

### **Focus on effort, not just results.**

Praise the habits your child is building. Acknowledging their effort, consistency or ability to bounce back builds long-term motivation and resilience.

### **Stay consistent.**

Clear routines help reduce conflict. When everyone knows the plan, there is less room for negotiation or last-minute stress.

### **Use external support when needed.**

Sometimes, the most helpful thing a parent can do is bring in a trusted coach or program that can give your child the structure they need, while preserving your relationship at home.

You do not need to have all the answers. Your role is to guide, support and encourage, and with the right tools, that becomes much easier.

Elevate is more than a study program. We offer personalised coaching tailored to your child's unique strengths and challenges. Our proven methods are backed by research and have helped thousands of students improve their results while reducing stress.



With Elevate, your child will build confidence, independence and effective study habits that last a lifetime. We support parents with clear guidance so you can help without pressure or conflict.

We understand that every family has different needs. That is why we offer flexible options including online sessions, group classes and one-on-one coaching. This means your child can get the support that fits your schedule and budget.

***Join thousands of families who have already made study easier and more successful.***

Take the first step today and discover how Elevate can make a difference.



**Ready to Help Your  
Child Succeed?**



***Book your first FREE  
session today***

<https://elevatecoaching.info/free/assessment>

Your child's best  
study habits are  
just one step away.

**elevate**<sup>↑</sup>  
education

