

Getting the most out of Your Student Diaries



Imagine if every student had a tool that improves their focus, strengthens the partnership between home and school, and builds lifelong positive habits, **Wouldn't you want them to get the most out of it?**

Why Student Diaries?

The Benefits of Paper Diaries #1

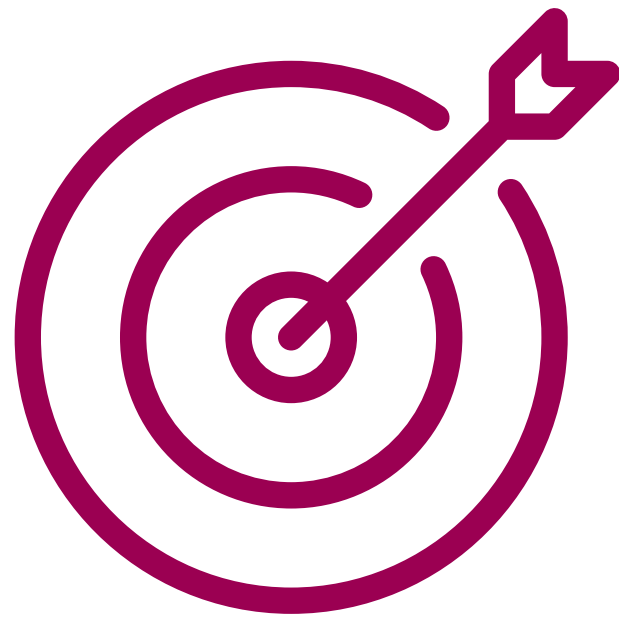


Writing on paper helps to improve memory

- There's a difference between writing on paper vs. writing digitally:
 - Stronger activation in brain regions linked to memory and language (hippocampus, precuneus and frontal language areas)
 - Deeper cognitive processing

Why Student Diaries?

The Benefits of Paper Diaries #2



Planning on paper helps to develop executive skills

- Support students with executive dysfunction
- Helps to build skills such as:
 - time-management
 - organisation
 - what to prioritise
 - breaking down tasks and starting them
 - self-monitoring
 - setting goals

Why Student Diaries?

The Benefits of Paper Diaries #3

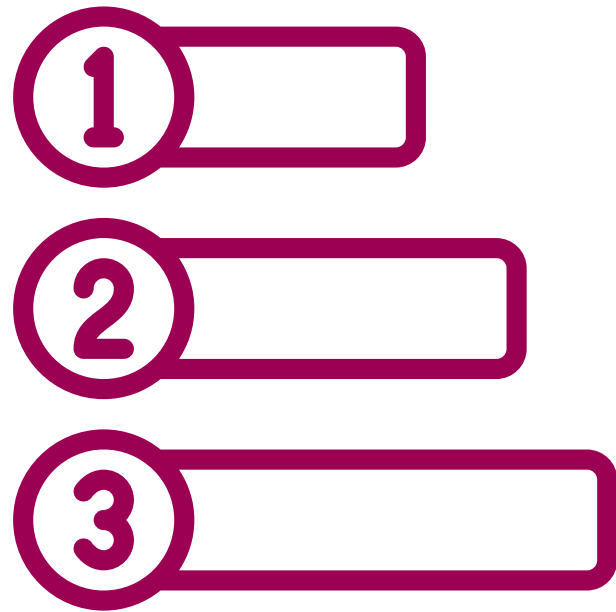


Using a student planner fosters self-regulation in learning

- Having regular routines helps establish a safe and predictable environment.

Why Student Diaries?

The Benefits of Paper Diaries #4

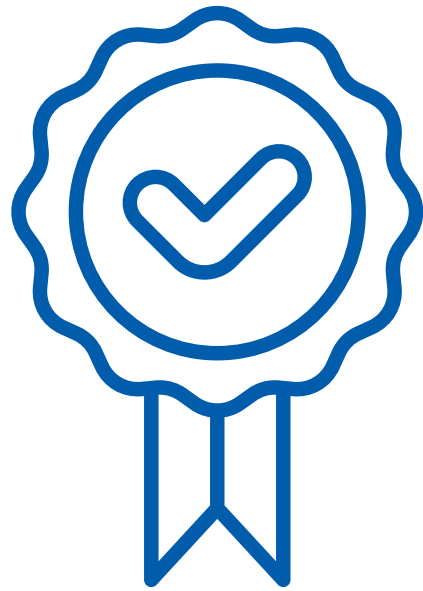


Writing things down helps to prioritise and stay motivated

- Making goals tangible (ie. putting goals into written form) makes them feel more concrete, increases commitment, and boosts motivation to follow through.

Why Student Diaries?

The Benefits of Paper Diaries #5



A visual record of data,
progress and accomplishments

- Erikson 4th stage of psychosocial development
"Industry vs. inferiority"

Why Student Diaries?

The Benefits of Paper Diaries #6



Increase chances of academic
and personal success

- Creates a sense of ownership and emotional connection with their learning
- Increases motivation, concentration and focus
- Builds the habits for success

Implementing the Diaries

A student diary is collectively driven by schools, students, and parents. To ensure effective use, each party must take responsibility for its implementation and make it a regular habit.

Ways To Implement the Diaries

- Ensuring the diary is regularly checked
- Recording learning goals
- Writing down deadlines or due dates
- Tracking informal or home learning experiences (reading and writing)
- Using the activities in the classroom
- Exit Ticket - Having students record their reflections from the lesson

Implementing the Diaries Feedback From Our Schools

*"The students record their nightly reading which is checked on a Friday with homework. I also use it as a **student communication tool**; just a small individual positive message for them to see on Monday when they receive their diary back. We encourage students to write in their diary if they are unable to read that night a why (soccer training etc) just to implement self-management and accountability. Carer's signatures in the diary ensures they are across happenings also."*

*"We use the diaries for this year level (F-2) to **record the reading and track how many pages have been read**. The parents also sign off on the pages for their teachers. "*

*"We are using them as a way of **setting goals for the week** and when assessments are due, as well when events such as athletics are coming up."*

*"We use it as a whole-school approach. The students have a library bag to carry their diaries to their classes. The teachers also have a sign on their door that says "Have you got your diary with you today?". We also use the diaries for **daily reading and writing exercises**. At the start of every week the teachers get the students to write what is going on in their week."*

*"The students are **using the gospel readings to help them prepare to put together a prayer service** every Monday morning. The parents are also really liking the weekly Gospel activities as the **children are often assigned the activities as homework**."*

In a world full of distractions, a student diary can become a powerful tool for focus, resilience, and lifelong learning.

How will you implement your diaries?

Thank You!



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