

Promoting the habit of studying at home after school among children in Mie

~To boost motivation and develop self-learning habits~

We would like to share the results of the **National Survey on Academic Skills and Learning Conditions**, conducted in **April, Reiwa 7 (2025)**, with **6th-grade elementary school students** and **3rd-grade junior high school students**. To boost children's motivation and help them develop the habit of learning independently, we will join forces among **schools, families, and the community** to foster their academic abilities.

To develop good study habits

By making home study a regular habit, children's perseverance and ability to concentrate in class will improve. In addition, their interest and curiosity in various fields of knowledge will also increase. Let's support the learning and growth of our children by staying involved and continually encouraging them.

Creating rules together



- Set aside time for studying at home and create a focused environment, such as turning off the TV.
- Talk with your children and work together to set household rules, such as limits on screen time, so they can use games, smartphones, and the internet appropriately.

Connecting children with books

- Encourage "home reading"[uchidoku]* by keeping books within children's reach, setting aside time to read together, and talking about the books you read.



* It is an abbreviation of "Home Reading" and stands for "Interactive Family Reading." This is a reading activity aimed at strengthening communication among family members through reading together.

Sleeping early, waking up early and

having breakfast



- It is important to develop regular daily habits, such as waking up and going to bed at roughly the same time every day.
- Start the day pleasantly with greetings like "Good morning," saying "Itadakimasu" before meals, and "Ittekimasu" when leaving home.

Look for opportunities to praise children

- Acknowledge and encourage children's motivation and the effort they put into what they are doing, and praise them for their hard work.
- Asking questions like "I wonder why?" or "Why does this happen?" helps children develop the habit of exploring and investigating things they are curious about.

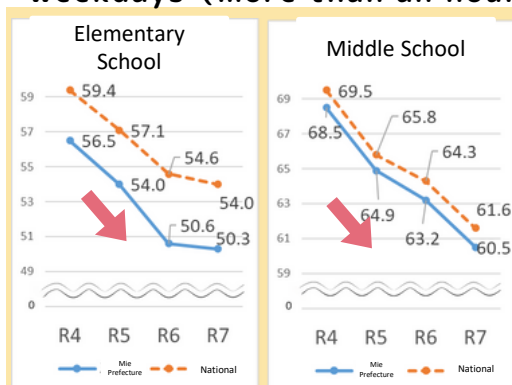


How to manage time at home ?

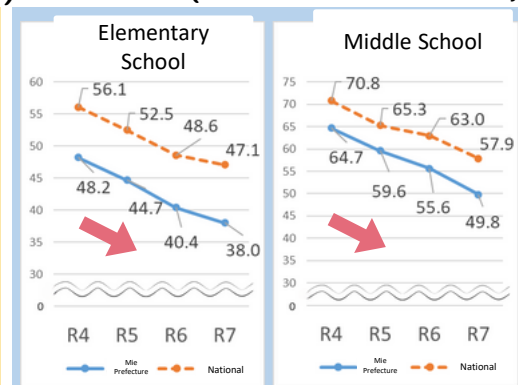
The number of students who study more than an hour at home after school has been decreasing.



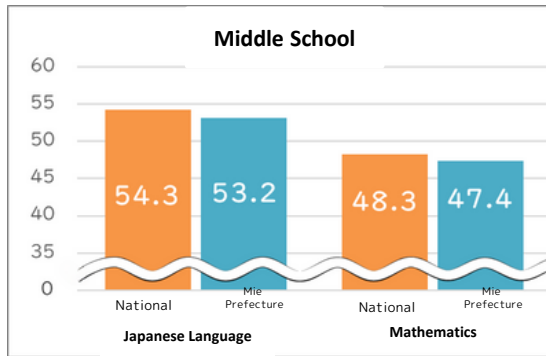
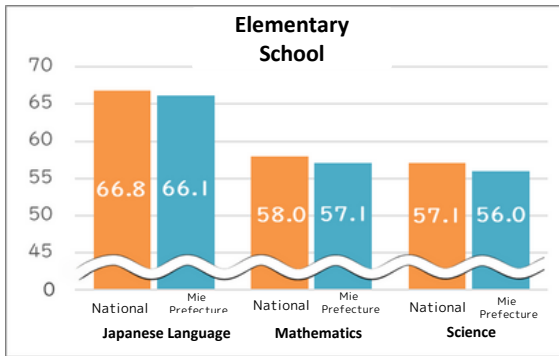
Average study hours on weekdays (more than an hour)



Average study hours on weekends (more than an hour)



What are the students' average scores in each subject?



Middle Schools' Average IRT Score in Science

National	503
Mie Prefecture	498

• IRT

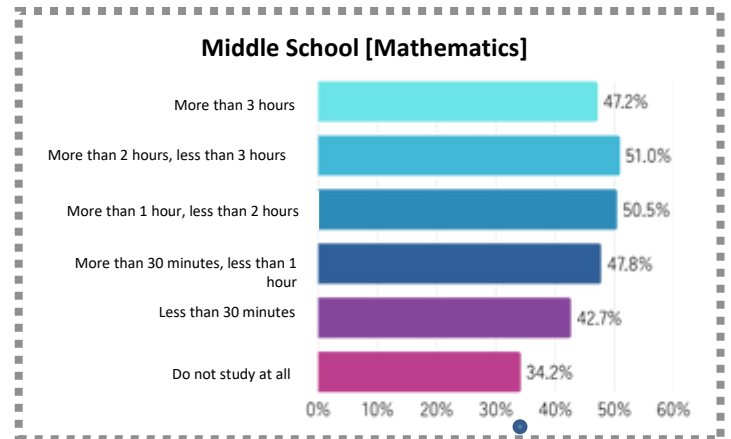
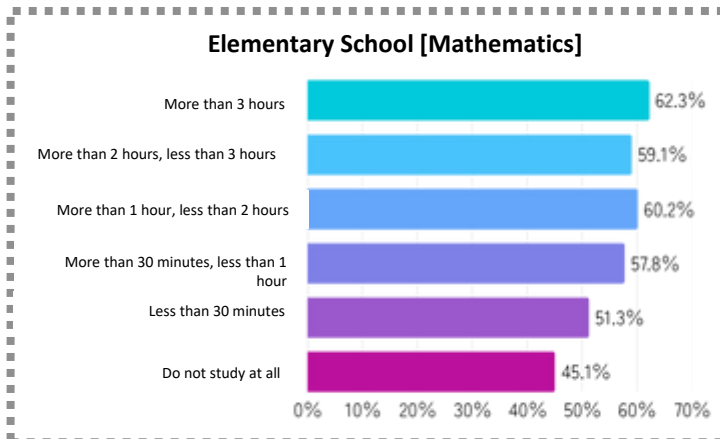
By analyzing whether students' correct or incorrect answers are due to the characteristics of the questions (such as difficulty or measurement precision) or due to the students' academic abilities, the model distinguishes these factors and estimates students' ability scores.

• IRT Score

Based on IRT, students' academic ability is estimated from their pattern of correct and incorrect responses for each item, and the result is expressed as a score with **500 as the reference point**.

The Effect of Weekday Study Hours on Students' Average Scores

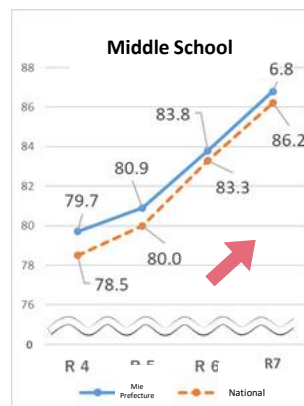
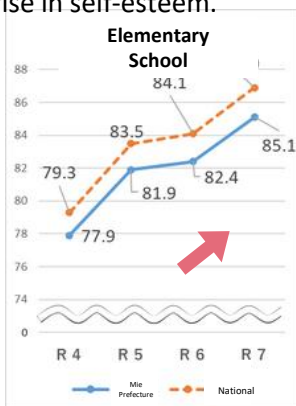
Students who spend more time studying after school tend to have higher average score in each subject.



The average score in mathematics based on students' responses to the question: "On weekdays (Monday to Friday), how much time do you usually spend studying after school? (Including time spent at cram schools, with private tutors, or studying online.)"

What is the children's self-confidence level?

The percentage of students who answered "I think I have good qualities" has been increasing year by year, indicating a rise in self-esteem.



Self-esteem

Sense of accomplishment



I got it!

Trying



I did it!

Enhancing academic abilities
Interacting with others

"It is important to build up experiences of a sense of accomplishment, such as "I got it" and "I did it"



Mie Academic Achievement Improvement Prefectural Movement Website

You can check out videos that introduce children's learning situations, provide advice on how to establish study habits at home, and present materials that can be used for studying after school.

Check it out!

Mie Prefectural Board of Education Mascot

「みえびい」 (miebi)

