Enhanced Learning
Educational Services
"the study skills specialist"

TOOLS FOR SUCCESS!

With Dr Prue Salter

Ask questions anytime via text msg DURING the session! Send to Dr Salter on 0416 293 087.

FAMILY HANDOUT

Welcome to your study skills evening. This will be a dynamic and interactive experience where you will learn new skills, discover secrets to success and determine the changes you personally need to make to be more efficient and effective in your learning. You and your parents or guardians will work through this handout together throughout the evening as directed.

This means you will need to sit together and you need a pen! Decide who will be the scribe for the night. There is also additional material throughout this handout for you to review at home and all the slides from the evening can be downloaded and saved to your computer (details on the last page of the handout and the password will be given out at the end of the session).

STEP 1

Space for notes: (remember you can access all the slides again at home):

NOTES ON TECHNOLOGY MANAGEMENT:

Technology Tools: Self Control, Cold Turkey, Family Zone, Kids Blocker, Our Pact, Koala Safe

Book: 'Raising Your Child in a Digital World' by Dr Kristy Goodwin

Students are best to keep schoolwork time and personal technology time separate and do their schoolwork in distinct blocks of time and during that time just focus on schoolwork. You may like to see if your Internet Anti-Virus/Security software has a parental control option where you can block access to particular websites for blocks of time.

NOTES ON HOME STUDY ENVIRONMENT:

- Ensure your student has a well-set up and organised space to work in.
- Consider if their chair and the lighting in their room need to be upgraded or if a stand-up desk might be suitable. Provide storage space and a noticeboard.
- The general rule with music is that if students are doing easy work it is ok, but for anything that requires concentration, particularly if there is memorisation involved, students should either switch off the music or have baroque classical music playing softly.

ACTION PLAN FOR THIS SECTION

Each week (or even each day), sit down together and tick which goals have been achieved.
Once there are lots of ticks, cross that goal off your list and choose a new thing to focus on.

Eg. I need to switch off my mobile phone when doing schoolwork	√	√	√		√	√	√							
~~Eg. We need to get new shelves~~	√													

YOUR LIST OF WHAT TO DO, CHANGE OR REMEMBER FROM THIS SECTION

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HOW CAN YOU IMPROVE YOUR HOME STUDY ENVIRONMENT?

- Do you have a good sized work space? YES ☐ SORT OF ☐ NOT YET ☐ DON'T NEED ☐

- Do you have adequate storage or shelving space?
  YES ☐ SORT OF ☐ NOT YET ☐ DON'T NEED ☐

- Do you have an appropriate chair? YES ☐ SORT OF ☐ NOT YET ☐ DON'T NEED ☐

- Do you have adequate ventilation (fresh air)? YES ☐ SORT OF ☐ NOT YET ☐ DON'T NEED ☐

- Do you have good strong lighting and a desk lamp?
  YES ☐ SORT OF ☐ NOT YET ☐ DON'T NEED ☐

- Do you have a noticeboard where you can put important notices and a calendar of due dates?
  YES ☐ SORT OF ☐ NOT YET ☐ DON'T NEED ☐

- Do you have somewhere to keep materials or information sheets for assignments you are working on? YES ☐ SORT OF ☐ NOT YET ☐ DON'T NEED ☐

- Do you have somewhere to keep anything for school that you don't need to take to school the next day? YES ☐ SORT OF ☐ NOT YET ☐ DON'T NEED ☐

- Do you have somewhere to keep past tests, returned assignments, books, papers and any other non-digital material so they are all together and filed for each subject?
  YES ☐ SORT OF ☐ NOT YET ☐ DON'T NEED ☐

- Do you have an 'ergonomic' workspace for working with your computer?
  YES ☐ SORT OF ☐ NOT YET ☐ DON'T NEED ☐

- Do you think a stand-up desk might be something you are interested in trying?
  YES ☐ SORT OF ☐ NOT YET ☐ DON'T NEED ☐

- Do you make sure your mobile phone is not in your bedroom overnight?
  YES ☐ SORT OF ☐ NOT YET ☐ DON'T NEED ☐

- Do you try and keep the space where you are working as distraction free as possible?
  YES ☐ SORT OF ☐ NOT YET ☐ DON'T NEED ☐

- Do you manage technology distractions by keeping schoolwork and personal time separate (this means you don't do personal technology activities while you are doing homework, research or study)? YES ☐ SORT OF ☐ NOT YET ☐ DON'T NEED ☐

- Do you turn off music (or have classical music on) when you are doing schoolwork that requires concentration and effort? YES ☐ SORT OF ☐ NOT YET ☐ DON'T NEED ☐

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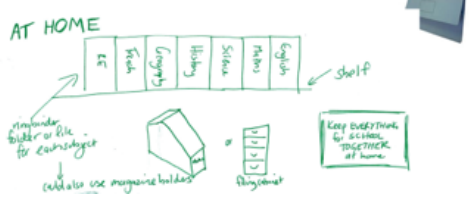
STEP 2

Space for notes:

www.fivesenseseducation.com.au

Managing the Paper

- Where possible, paste sheets etc in immediately.
- Have a folder/file to keep pages in at school that day when you get home sort them out straight away.
- Have folders/files at home for the sheets that won't fit in your book, or the sheets you have finished with and for tests and assignments.



What to work on:

1. Organise resources, paste in sheets from the day, manage computer files.
2. Briefly review the day's work:
   - Highlight the key points from each lesson.
   - Make a mind map about what you have learnt.
   - Tell someone what you learnt in each lesson.
   - Write down the top 3 things you learnt in each lesson.
3. Homework / Home Learning.
4. Assignments / Prepare for quizzes.

Then for the rest of the time allocated to home learning:

- Review/look over previous difficult areas
- Read ahead in your textbook
- Mathletics or other software to help
- Extra textbooks, study guides (DYMOCKS, FIVE SENSES EDUCATION)
- Reading
- Make study notes, summaries
- Learn touch typing

YOUR LIST OF WHAT TO DO, CHANGE OR REMEMBER FROM THIS SECTION

Decide what the main areas are you want to focus on improving.

Example: Pack my bag the night before	√	√	√		√	√

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HOW CAN YOU BE MORE ORGANISED AT SCHOOL AND AT HOME?

	YES / SORT OF / NOT YET
Are you on time to your classes?	☐ / ☐ / ☐
Do you take the correct books and equipment to your lessons?	☐ / ☐ / ☐
If you have a locker at school is it clean, organised and tidy?	☐ / ☐ / ☐
Do you write your homework into your diary or online planner (if your school uses one) at the end of your lessons?	☐ / ☐ / ☐
Do you have good management strategies for digital resources e.g. you use descriptive file names, organise into folders and back up regularly?	☐ / ☐ / ☐
Do you manage loose pieces of paper for school? When you are given papers at school do you paste them in a book, put them in a folder or take them home and scan into your computer?	☐ / ☐ / ☐
Do you unpack your bag totally before you start work and spend 5-10 minutes or so before you start any work getting organised?	☐ / ☐ / ☐
Do you look through all your books (or computer files) and see if any sheets need to be pasted in or scanned (or files organised on your computer)?	☐ / ☐ / ☐
Do you see if there are any notes or information you need to pass on to your parents?	☐ / ☐ / ☐
Do you have subject folders (or something similar) set up so you can file things away for each subject?	☐ / ☐ / ☐
Do you see if there are any assignments or tests that need to be filed into your subject folders that you keep at home or printed out?	☐ / ☐ / ☐
Do you check your diary or online planner to see what you need to get done that night?	☐ / ☐ / ☐
Do you make a plan each afternoon of what you'd like to get done that night and what order you will do your work in?	☐ / ☐ / ☐
Do you spend a few minutes each day briefly reviewing what you learnt in each class from that day?	☐ / ☐ / ☐
Each time you are ready to start a piece of homework, do you take out everything you need or open all the files you need and then once you have finished file it all away before organising the things you need for the next piece of homework?	☐ / ☐ / ☐
Do you do homework first, then work on any assignments or prepare for any tests?	☐ / ☐ / ☐
If you don't have much homework or assignments etc to do, do you spend some time making study notes or working on things you find difficult (ie doing independent learning)?	☐ / ☐ / ☐
At the end of the night, do you work out what you need to take to school tomorrow and pack everything you'll need into your bag?	☐ / ☐ / ☐

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STEP 3

HOW MUCH TIME DO YOU HAVE AVAILABLE AND HOW WILL YOU FIT IN ALL YOUR HOME LEARNING?

Students who achieve GOOD RESULTS and have much less STRESS each year try and complete a set amount of work as a minimum each night (or over the week). They might need to do extra work some nights if they are really busy. These students decide in advance how much time they will spend on schoolwork each night and use the extra time after they have finished homework etc. to do things like assignments or work on study notes. It might not be the same amount of time each night but they have a definite amount of time allocated for schoolwork each day (or over the whole week).

Waiting till you get home and then seeing what you feel like doing often doesn't work.
Instead you need to choose one of the following:

- Have set times allocated each day to your work (like a study timetable).
- Make a plan each afternoon before you start.
- Plan to complete a certain number of 20 or 30 minute blocks each night and cross off when you have done them.

Let's see what YOUR schedule is like this year. Fill in activities, travelling, dinner, TV etc.

	MON	TUES	WED	THURS	FRI		SAT	SUN
BEFORE SCHOOL						8-9		
3.30-4						9-10		
4-4.30						10-11		
4.30-5						11-12		
5-5.30						12-1		
5.30-6						1-2		
6-6.30						2-3		
6.30-7						3-4		
7-7.30						4-5		
7.30-8						5-6		
8-8.30						6-7		
8.30-9						7-8		
9-9.30						8-9		
9.30-10						9-10		

Each day aim for 1-1.5 hrs of home learning:

1. Do homework first.
2. Then work on assignments or prepare for any tests coming up.
3. Any remaining time should be spent on independent learning: making study notes, reviewing difficult work, exploring things you found interesting.

Your bedtime:

Your devices' bedtime:

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What are your main distractions?

During this section consider what do you need to do to improve the way you manage your time at home and deal with distractions?

- Do you do enough schoolwork each day (around 1-1.5 hrs)?
  YES ☐ SORT OF ☐ NOT YET ☐
- Do you have a good balance between schoolwork and your personal life?
  YES ☐ SORT OF ☐ NOT YET ☐
- Do you work in distinct blocks of time with no distractions during this time?
  YES ☐ SORT OF ☐ NOT YET ☐
- Do you try and keep schoolwork time and personal time separate?
  YES ☐ SORT OF ☐ NOT YET ☐
- Have you tried working to a timetable?
  YES ☐ SORT OF ☐ NOT REALLY ☐
- If not do you think this might be worth trying?
  YES ☐ SORT OF ☐ NOT REALLY ☐
- Could you improve your afternoon routine to be more efficient?
  YES ☐ MAYBE ☐ NOT REALLY ☐

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YOUR LIST OF WHAT TO DO, CHANGE OR REMEMBER FROM THIS SECTION

Example: Make a plan each afternoon before I start work	√	√	√		√	√

Space for additional notes:

TIME MANAGEMENT SKILLS:

- Clarify with your student the concept that in secondary school students are expected to do a set amount of schoolwork each night (as opposed to just getting the homework done as quickly as possible).
- Juniors should be spending around 1 hour per night on schoolwork, seniors from 1.5 up to 3 hours per night.
- It is best to either have a timetable with slots allocated to schoolwork or else have students do a certain number of half hour blocks each night.

www.thesleepconnection.com.au

A guide to hours of sleep/night:

- Preschoolers (3-5 years old) : 10-13hrs
- School Aged Children (6-13years old) : 9-11 hrs
- Teens (14-17 years old) : 8-10 hrs

Independent Home Learning

Things you choose to do the nights you don't have much compulsory work:

- Reading
- Reviewing what you have been learning at school that week
- Extra practice on questions you find hard
- Research on an area you are interested in learning more about
- Making a mind map about what you have been learning
- Making study notes on a topic
- Improving your touch typing skills
- Reading ahead in your textbook
- Improving your study skills
- Doing work from a different textbook or study guide for one of your subjects (check the school library, local library and bookshops).

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STEP 4

HOW CAN YOU MANAGE YOUR WORKLOAD (TESTS AND ASSIGNMENTS)?

a. Break the work to be done into pieces or chunks.

ASSIGNMENT
- Do research, collect materials
- Organise the information
- Do 1st section
- Do 2nd section
- Put in pictures
- Finalise presentation

MATHS TEST
- Finish chapter
- Make study notes
- Learn formulas
- Do chapter review
- Work on hard sections
- Re-do questions in text
- Do revision sheets

b. Plan in your diary or online planner when you will try to do each step. This is a DO list, not just a DUE list!

Sat 1 Do research, collect materials for assignment	**Sat 8** Finish 1st section of assignment	**Sat 15** Put in pictures assignment
Sun 2	**Sun 9** Start 2nd section of assignment	**Sun 16**
Mon 3	**Mon 10**	**Mon 17**
Tues 4 Start 1st section of assignment	**Tues 11**	**Tues 18** Finalise presentation of assignment
Wed 5	**Wed 12** Finish 2nd section of assignment	**Wed 19**
Thurs 6	**Thurs 13**	**Thurs 20**
Fri 7	**Fri 14**	**Fri 21** Assignment Due Today

c. Highlight or mark complete in your online planner the work you complete that day. Cross out incomplete work or work you did not have time for and allocate it to another day. This way you never have to look back to see what you need to do.

Do you / will you have a term planner somewhere visible at home so you regularly are seeing when things are due?
YES ☐ SORT OF ☐ NOT YET ☐

Do you / will you make sure that the due dates stand out in your diary or online planner?
YES ☐ SORT OF ☐ NOT YET ☐

Do you / will you break the work to be done for tests/assignments into pieces or chunks?
YES ☐ SORT OF ☐ NOT YET ☐

Do you / will you put a plan in your diary, online planner or whiteboard of when you will try to do each step?
YES ☐ SORT OF ☐ NOT YET ☐

Do you / will you highlight or tick or cross out the work you complete each day?
YES ☐ SORT OF ☐ NOT YET ☐

Do you / will you reschedule the work you did not complete, ie move it to another day?
YES ☐ SORT OF ☐ NOT YET ☐

Do you / will you sit down with your parents and discuss making a plan for a test or assignment?
YES ☐ SORT OF ☐ NOT YET ☐

What do you need to do to improve the way you plan out and manage the work for your assignments?

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YOUR LIST OF WHAT TO DO, CHANGE OR REMEMBER FROM THIS SECTION

Example: Always write due dates on my term calendar	√	√	√		√	√

Space for additional notes:

MANAGING WORKLOAD:

- Students should have a term planner visible in their room that shows due dates for tests and assignments.
- Check that students are using their diary as a planner by breaking down larger pieces of work and scheduling when they will do each step (this can be done in pencil so can be changed as needed).
- Some students will prefer to do their planning in google or outlook calendars or on a whiteboard.
- Some students may need help in chunking down tasks and putting together a plan to complete each step.
- Check how students keep track of the work they have completed and check that uncompleted work is moved forward in the diary to the current day.
- If students are feeling overwhelmed, help them list everything they need to do and prioritise the tasks.

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STEP 5

HOW CAN YOU STUDY MORE EFFECTIVELY?

This step is set up for families to work through together at home. The presentation will give you a brief introduction to this section, but it is best to work through this section together each time students are preparing for a test so they can consider what new techniques they will try.

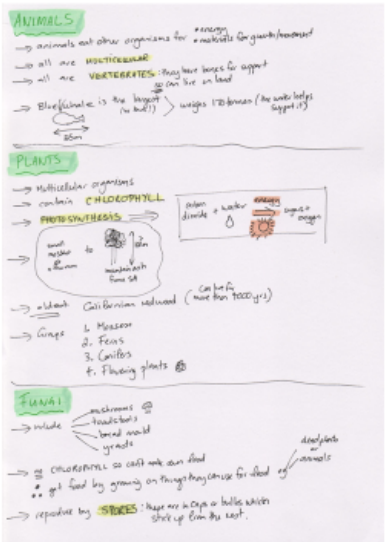
3 Steps to Studying:

1. Make study notes (do this as early as possible).
2. Learn the notes (don't just read them, test yourself on them).
3. Do lots of practice questions.

MAKING STUDY NOTES

1. Look through all material.
2. Make a list of the headings and sub-headings.
3. Do a mind map overview. (e.g. https://bubbl.us/)
4. For each heading, make point form notes.

(www.pencilgripsplus.com.au)



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THE 'THREE MUSKETEERS' TECHNIQUE

Tick which of the things below you do to prepare for tests or exams:

MUSKETEER 1 – Organising the information (making study notes)

- ☐ make summaries and study notes
- ☐ make recordings of the information you need to remember
- ☐ write out lists of formulas or rules
- ☐ make signs to put up around the house of info you have to learn

MUSKETEER 2 - Moving the information into long term memory (learning and memorising)

- ☐ regularly read through and review the study notes or textbook and test yourself
- ☐ listen to the recordings of information you have made and try to recite the info
- ☐ read the info then write out what you remember without looking (do this over & over)
- ☐ read the info then speak out loud what you remember without looking over & over
- ☐ test yourself or have someone test you on what you remember
- ☐ teach or explain the information to someone else

MUSKETEER 3 - Identifying areas of weakness (practising subject skills)

- ☐ do as many different question types or examples as possible and check answers
- ☐ do lots of questions under examination conditions (no looking!)
- ☐ re-do past topic tests or do practise exams
- ☐ re-do hard questions in the textbook and from past worksheets

Remember: When studying, keep a list of questions or things you need to ask your teacher about.

☐ **FLASHCARDS**

Buy or make some index or palm cards. Write questions on the front and answers on the back then use them to test yourself! Keep reviewing until you can answer each question perfectly – make sure you shuffle up the cards.

☐ **MNEMONICS**

When you are trying to remember a list of things, take the first letter of each and make a 'nonsense' word to jog your memory of each of the items during the test. You can also make up a rhyme or story instead of a 'nonsense' word.

What do you need to do to improve the way you study for tests and exams? What new techniques could you try?

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☐ Make lists of key points of part of a topic	☐ Write out info over and over
☐ Put up formulas and rules around the house	☐ Form discussion or study groups
☐ Type what you remember without looking at notes	☐ Use mind maps, sketches, flowcharts and diagrams
☐ Write out what you remember in your own words	☐ Have a parent or friend test you
☐ Make up rhymes or songs to help you remember	☐ Form pictures in your mind of the information
☐ Teach what you have learnt to someone else	☐ Write out lists of questions as you read and answer them
☐ 3Rs – Read, Recite, Recheck (look, cover, write, check)	☐ Organise notes using colour, highlighting and structure
☐ Speak out loud the info you've read to check recall	☐ Make and use flashcards or index cards
☐ Explain to a stapler, a cat or a pot plant what you have been learning	☐ Make recordings of the info you need to learn (or songs!)

Which study techniques do you use?
Can you think of any other study techniques?
What new techniques could you try?

DON'T FORGET:
Look - Cover - Write - Check - Say

☐ Re-do class exercises from the textbook	☐ Re-do past topic tests
☐ Keep a list of areas you need to revise further	☐ Keep a list of things you need to ask your teacher about
☐ Do any chapter reviews or summary questions	☐ Spend time working out what it is you do NOT know yet
☐ Create a test and swap with a friend	☐ Buy study guides or extra textbooks to try other questions
☐ Do questions and submit to teachers for marking	☐ Do past test papers under exam conditions
☐ Do as many questions as possible under exam conditions	☐ Add points into your summary book based on your practise
☐ Practice writing under exam conditions (or sample essay plans)	☐ Be conscientious about chasing up everything you don't understand

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HOW DO YOU MAKE SUMMARIES AND STUDY NOTES?

Follow these steps to make summaries:

1. Look through all material on the topic; your classnotes, worksheets, textbook.
2. Make a list of the main headings or sections.
3. Create a mind map overview for the topic.
4. For each heading, read through the information and highlight the key points.
5. Write down the key ideas in point form (in your own words if you can!).
6. Try and put information into lists or tables when you can.
7. Re-do a particular section if you feel the information is not clearly organised.

To make effective study notes:

- use point form notes as much as possible, avoid long sentences
- rephrase the information in your own words
- only include relevant information
- make notes neat, legible, easy to read, well set out with a logical structure
- improve layout with wide margins, different colour and headings, box key points, numbering etc
- loose leaf sheets are useful as can rewrite sections, add in extra information
- summarising is a never ending process, keep refining, improving, adding in
- your summary must be comprehensive and include all information needed
- mind maps: one page visual overview of the topic

Once you have made the study notes, to use them when studying:

- Read through a section, put it aside and see what you can write down without looking.
- Read a section out loud, put it aside, see what you can say out loud without looking.
- Pace around your room reading a section, go to your computer, see what you can type out onto a blank word file (without looking back at the notes!).

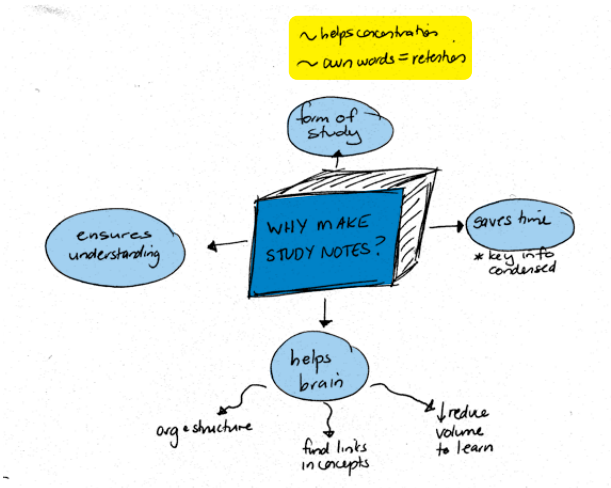
Then check and see what you remembered correctly and what you need to review again.

Circle your answers:

Have you ever made study notes before?
YES ☐ SORT OF ☐ NOT YET ☐
If not yet, add this to your action plan.

If yes:

- Do you try and make the notes early so you have time to learn them before the test?
  YES ☐ SORT OF ☐ NOT YET ☐
- Are your notes brain-friendly, clear headings and structured and highlighted etc.?
  YES ☐ SORT OF ☐ NOT YET ☐
- Can you think of some ways you can improve your notes? YES ☐ SORT OF ☐ NOT YET ☐



What do you need to do to improve the study notes you do or to ensure you make notes on a regular basis?

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EXTRA INFORMATION ABOUT IMPROVING THE WAY STUDENTS STUDY

HANDWRITING ISSUES:
- Try the ring pens

PENCILGRIPSPLUS
PENCILGRIPSPLUS.COM.AU

SUMMARISING:
- One of the biggest mistakes students make is leaving their study notes until just before their exams. One of the best habits students can get into is doing their study notes throughout the year – at the end of each topic is a good time to do this. Whenever students don't have much homework, they should be working on study notes.
- Another mistake is writing too much and not breaking the content down into short key points in their own words. Have a look at the sorts of notes your students make and see if you can provide suggestions for improvement.
- Suggest your student takes any study notes they make to school and asks their teacher to have a quick look to check they are on track and see if there is any way they could improve the notes they are making.
- Students with handwriting issues may like to visit www.ringpen.com to find out about a pen that could be useful!

ACTIVE STUDYING:
- When studying, students should be using a wide range of study techniques.
- One of the biggest mistakes students make is just to read their notes over and over and hope it sticks in their head instead of testing themselves on the content like they should be doing.
- In addition to retaining the content, students need to practise applying the skills of the subject, doing as many revision questions and past exam papers as possible. You may like to look at purchasing an additional textbook in a different brand so that students have more questions to use as revision.
- If students struggle in an exam situation, they need to do more practise under exam conditions (i.e. under time limits and not looking at any notes or answers as they do the practise exam).
- Remember the 3 steps to study:
  - Make study notes early.
  - Learn the notes by testing yourself on them.
  - Do lots and lots of questions as practise.
- Most students in Years 7-9 generally need to do 1-1.5 hours of schoolwork each night.

PLANNING YOUR STUDY TIME FOR EXAMS:
- As exams approach, you may need to do a bit more each night – especially if you are still getting homework (although much of the homework may be designed to specifically help you prepare for the exams).
- It is best to work in half hour blocks, taking a break between study sessions.
- Remove all distractions during the half hour block (ie no TV, no music, turn off Facebook etc.).
- Choose 2-3 subjects to work on each night.
- Each afternoon, decide which subjects you will work on that night and what you'd like to try and get done in the study block for that subject.
- You might like to draw up a timetable planning which subjects you will work on each night before the exams start.
- In each study block spend some of the time 'learning' and some of the time 'practising'.

LIFESTYLE AND BALANCE:
- The best students are those with a healthy lifestyle and good balance in their lives. Think about the type of food your student eats, whether they drink enough water, if they exercise regularly and most importantly if they are getting enough sleep (amount needed varies but the average is around 8 hours).
- It is also important that students have time to do the things they enjoy, spend time with family and friends and also have 'down time' just to relax.

PERSONAL BEST:
- Rather than having students competing with others, stress the concept of 'personal best', the idea that while not everyone can be at the top of the class, everyone is able to work towards achieving the best results they are capable of.
- Great books for parents:
  - 'How to Motivate Your Child for school and beyond' by Andrew Martin
  - 'Raising Your Child in a Digital World' by Dr Kristy Goodwin

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www.studyskillshandbook.com.au

Great news!

Your school is a subscriber to the ELES Online Study Skills Handbook.

This site will help you improve in the areas where your skills may be weak – such as in time management, study notes or how to deal with distractions.

Make sure you check out **THINGS TO PRINT** at the top when you log in for **term planners,** weekly planners, study notes checklist and other handouts
& MORE > HIGHLIGHTS

To access the handbook, go to **www.studyskillshandbook.com.au** and login as a subscriber with the following details. Some schools also have a direct link from the school site.

USERNAME:

caringbahhs

PASSWORD:

70results

AT HOME UNITS

1. Home Study Environment* *(has section on ergonomics)*
2. Organisation and Filing
3. Time Management Skills* *(independent learning)*
4. Managing Workload* *(how to use diary video)*
5. Dealing with Distractions* *(blocking software)*
6. Overcoming Procrastination
7. Developing Motivation
8. Goal Setting
9. Lifestyle and Balance* *(sleep information)*
10. Managing Stress

AT SCHOOL UNITS

1. Will we ever use this?
2. Using Classtime
3. Asking for Help
4. Dealing with Conflict
5. Groupwork Skills

SPECIFIC SKILLS UNITS

1. Reading Skills
2. Writing Skills* *(includes improving handwriting tips and pens)*
3. Mathematical Skills
4. Science Skills
5. Foreign Language Skills
6. Assignment Skills
7. Research Skills
8. Presentation Skills

SKILLS FOR SPECIFIC STAGES UNITS

1. Preparing in Primary
2. Starting Secondary School
3. Mastering Middle School
4. Becoming a Senior Student
5. Studying at University

STUDYING UNITS

1. Summarising* *(all about study notes, mind maps, lots of examples in the section 'how can I improve my notes')*
2. Active Studying* *(lots of different study techniques)*
3. Preparing for Exam Blocks
4. Test-Taking Techniques
5. After Tests & Exams

TOOLS FOR MANAGING CHALLENGES AND OPPORTUNITIES UNITS

1. Strategies for Dyslexia / ADHD
2. Remote Home Learning
3. Living Across Two Houses
4. Bullying: Issues and Strategies
5. Managing Part-Time Jobs
6. Educational Kinesiology
7. Your Brain and Memory
8. Live Your Best Life
9. Tips for Parents
10. Tips for Teachers and Schools

USING TECHNOLOGY UNITS

1. Technology Tools* *(has links to free learn touch typing websites)*
2. Basic Computer Skills
3. Be CyberSmart
4. Useful Apps iPads, Android
5. OneNote, Notion, Google

To **ACCESS THE SLIDES** from tonight you need to visit a different site:

- **www.enhanced-learning.net**
- Click on Parents and Students
- Click on 7. Download Slides
- Scroll to the bottom of the page for the links to the slides and other resources referred to during the evening.
- **Also on this page: planners, links, Step 5 video.**

PASSWORD FOR SLIDES: learnsmart

Don't try and implement everything at once. Take your time and review the materials regularly so you can absorb them. Choose just a few things to focus on to start.

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