

TOP 5 STUDY SKILLS HABITS FOR STUDENTS



DR PRUE SALTER

In the 1 hour Zoom session on Mon 8th August 2023 @ 6.30-7.30pm Dr Salter will give parents and students an overview of the top 5 study skills habits for success and show families where they can further develop the skills outlined using the Study Skills Handbook and Study Samurai Library websites.

- The session will be of most value if students and parents watch the Zoom session TOGETHER.
- Families will be able to download ALL of the slides after the session. Password given out at the end of the session.
- Students are encouraged to complete the next 2 self-evaluation pages PRIOR to the session.

Use the following to complete the next two pages.

5. All of the time
4. Most of the time
3. Some of the time
2. A bit of the time
1. Never

TOP 5 STUDY SKILLS HABITS FOR STUDENTS

Want to develop great habits for learning? Here's what you need to do:

1. ENGAGE

Don't just be a bystander, instead be an active participant in your own learning, taking responsibility for what you need to do to achieve your academic best.

This means:

- You involve yourself in all of your lessons, staying on task, participating in discussions and trying to absorb as much as you can during your classes (and that means less to learn later).
- You complete all of the set work for your subjects (your teacher gives you this for a reason) and you try and keep up to date in this work.
- You seek help on anything you don't understand or can't do. This might be from a teacher, a friend, online sources, additional books or study guides. You also do this nice and early, you don't let the problems pile up.

2. ORGANISE

Being organised means that you can find things when you need them, you don't forget about work to be done and you don't have last minute panics. Much less stressful.

This means:

- You complete an appropriate amount of home learning most nights and do more than just the set schoolwork.
- You have a good afternoon routine or plan of working that ensures you work efficiently and effectively at home, doing enough schoolwork and managing your distractions.
- When you are given an assessment task you make a plan for when you will do the work for this task and you adjust the plan along the way as things change.

3. STUDY SMART

Many students are incredibly ineffective in the way they study. They just stare into their books hoping what they need to learn will magically jump into their heads. If you aren't doing it yet, then it is time to study smart.

This means:

- You test yourself over and over on the material you need to be able to recall in exams. You don't just read it and hope you will be able to remember it.
- You then check for understanding, are you able to apply the information you have in your head to different types of questions? To do this you do as many practice questions and past examination papers as you can. You get hold of as many different questions as possible to do as practise.

You do these past papers under examination conditions! This means that you stick to the time limits and don't look at notes or answers until the end. This gives you a reality check about your performance and helps you rehearse for the time pressure of exams. You use these practise papers as a tool to help you pinpoint areas of weakness that you then address.

4. THINK AHEAD

Part of 'stepping up' is that you don't just wait for someone to tell you to do something. You think ahead and work strategically.

This means:

You do independent learning, working on areas you find difficult, doing extra practise questions, making study notes, reviewing earlier work, using study guides.

If you know there will be exams (and there are always exams) then don't wait until exam time to get your act together. You make your study notes as you go. (Every time you finish a topic make study notes for that topic and file it away at home.)

You keep improving and condensing your notes throughout the year and get caught up in school holidays.

5. STRIVE FOR EXCELLENCE

You want to be able to differentiate yourself from all of the other students, so think what you can do to make your work stand out from the crowd.

This means:

You take the time to be thorough when working on essays and assignments. This means lots of planning and brainstorming to start and then multiple drafts over a period of time for editing and proofing (it's good to give the subconscious time to process and evaluate between drafts).

You look for additional source material, you read widely and you do more than what is asked of you. But you ensure that in specific tasks you are focused on answering the question and providing depth to your response.

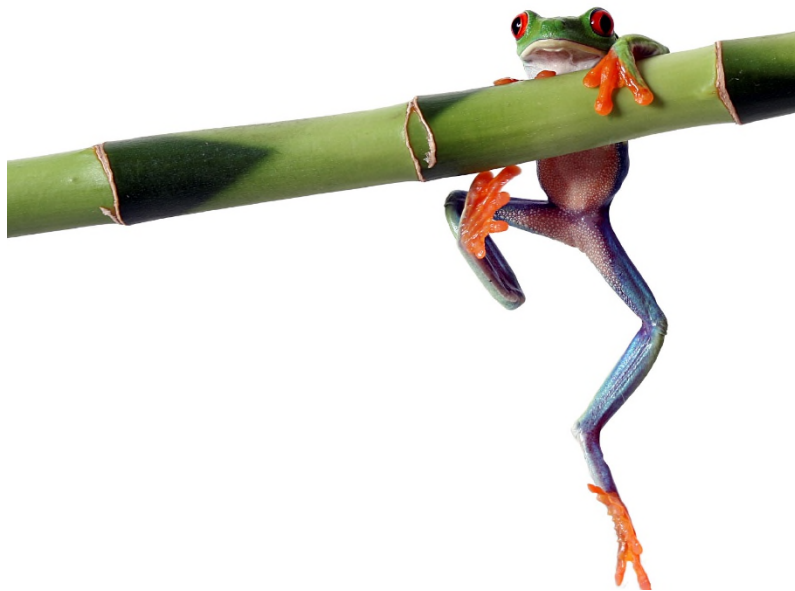
You make the most of any feedback you are given (either along the way or after the task) to make adjustments to your approach to your work to improve your outcomes.



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Don't really know how to study properly? Can't manage your time or your distractions? Struggling to hold on and stay on top of everything? Looking for advanced techniques to give you the edge?



Time to visit www.studyskillshandbook.com.au and fine-tune your learning skills.

By working through the units on the Study Skills Handbook site as well as the video lessons in the Study Samurai Library section you will learn skills and techniques to help you complete your work for school more effectively and improve your academic results, helping you move towards your personal best at school and beyond.

username: sydneyboys

password: sydneyboys

1. THE ELES ONLINE STUDY SKILLS HANDBOOK WEBSITE

<p><i>Working Better At Home Units</i></p> <ol style="list-style-type: none"> Home Study Environment Organisation and Filing Time Management Skills Managing Workload Dealing with Distractions Overcoming Procrastination Developing Motivation Goal Setting Lifestyle and Balance Managing Stress 	<p><i>Improving Your Skills Units</i></p> <ol style="list-style-type: none"> Reading Skills Writing Skills Mathematical Skills Science Skills Foreign Language Skills Assignments Skills Research Skills Presentation Skills <p><i>Improving How You Study Units</i></p> <ol style="list-style-type: none"> Summarising Active Studying Preparing for Exam Blocks Test-Taking Techniques After Tests & Exams 	<p><i>Working Better At School Units</i></p> <ol style="list-style-type: none"> Will we ever use this? Using Classtime Asking for Help Dealing with Conflict Groupwork Skills <p><i>Using Technology Units</i></p> <ol style="list-style-type: none"> Technology Tools Basic Computer Skills Be CyberSmart Useful Apps for iPads Microsoft OneNote <p><i>Skills for Specific Stages Units</i></p> <ol style="list-style-type: none"> Preparing in Primary Starting Secondary School Mastering Middle School Becoming a Senior Student Studying at University 	<p><i>Tools for Managing Challenges Units</i></p> <ol style="list-style-type: none"> Strategies for Dyslexia Remote Home Learning Living Across Two Houses Bullying: Issues and Strategies Managing Part-Time Jobs Educational Kinesiology Your Brain and Memory Live Your Best Life Tips for Parents Tips for Teachers and Schools
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2. 75 VIDEO LESSONS (20-30 MINS EACH) FROM TWO EXPERTS DR PRUE SALTER & ROCKY BIASI

<p>PERFORMANCE:</p> <p>ACHIEVE PERSONAL BEST PERFORMANCE</p>	<ul style="list-style-type: none"> - Neuroplasticity (ROCKY) - Brain Rules (ROCKY) - 7 Motivation Strategies (ROCKY) - What Drives Human Behavior (R) - How to Set Goals (ROCKY) 	<ul style="list-style-type: none"> - Maximising Classtime (PRUE) - Practice Methods (ROCKY) - Mental Practice (ROCKY) - Practice Principles (ROCKY) - Getting in the Flow (ROCKY) 	<ul style="list-style-type: none"> - Your Brain and Memory (PRUE) - Finding Help (PRUE) - Aligning Goals To Values ROCKY) - Model Masters (ROCKY) - Sustain Progress Develop Mastery (Rocky)
<p>STUDY SKILLS:</p> <p>KNOW HOW TO MAKE LEARNING EASY</p>	<ul style="list-style-type: none"> - Study Notes 1 (PRUE) - Mind Maps (PRUE) - How to Study (PRUE) - Test-Taking Techniques (PRUE) - Common Study Mistakes (PRUE) 	<ul style="list-style-type: none"> - Study Notes 2 (PRUE) - Learning Preferences (PRUE) - Improving Reading Skills (PRUE) - Improving Handwriting (PRUE) - After Tests & Exams (PRUE) 	<ul style="list-style-type: none"> - Study Notes 3 (PRUE) - Subject Specific Study (PRUE) - Advanced Memory Techniques (P) - Preparing for Exam Blocks (PRUE) - Essay Writing Skills (PRUE)
<p>TIME MANAGEMENT:</p> <p>BECOME ORGANISED, EFFICIENT AND PRODUCTIVE</p>	<ul style="list-style-type: none"> - Home Study Environment (PRUE) - Organisation and Filing (Paper) (P) - Organisation and Filing (Digital Resources) (PRUE) - Independent Learning (PRUE) - Managing Workload (PRUE) 	<ul style="list-style-type: none"> - Time to Allocate to Schoolwork (P) - Creating Afternoon Routines (P) - Dealing with Technology Distractions (PRUE) - Dealing with Other Distractions (P) - Overcoming Procrastination (P) 	<ul style="list-style-type: none"> - Prioritising Techniques (PRUE) - Managing Workload 2 (PRUE) - Planning Holiday Study (PRUE) - The One Thing (ROCKY) - 80/20 Rule (ROCKY)
<p>MINDSET:</p> <p>DEVELOP A GROWTH AND SUCCESS MINDSET</p>	<ul style="list-style-type: none"> - When will we ever use this? (P) - How Winners Think (ROCKY) - Identity Beliefs (ROCKY) - Fixed and Growth Mindset (R) - Vision and Purpose (ROCKY) 	<ul style="list-style-type: none"> - Senior School Mindset (PRUE) - How to Change Negative Thinking (Rocky) - Problem Solving Questions (R) - Mental Mindset of Champions (R) - Focus (ROCKY) 	<ul style="list-style-type: none"> - Keeping Things in Perspective (P) - The Power of Failure (ROCKY) - 5 Steps To Get Your Head Right For Senior School (ROCKY) - Changing Your Thinking ABC (R) - Strategies for a Growth Mindset folder (ROCKY)
<p>WELLBEING:</p> <p>HAVE ENERGY AND MOTIVATION</p>	<ul style="list-style-type: none"> - Lifestyle Factors (PRUE) - Power Poses (ROCKY) - Positive Psychology (ROCKY) - Starting Your Day For Success (R) - Creating Positive Habits (ROCKY) 	<ul style="list-style-type: none"> - Sleep and Study (PRUE) - Stress and Anxiety Relief with The Tapping Technique (ROCKY) - Accessing The Emotions You Want (Anchoring) (ROCKY) - Asking Better Questions to change your mental focus (ROCKY) - Healthy Mind Platter (ROCKY) 	<ul style="list-style-type: none"> - Nourishing Body and Brain (PRUE) - Meditation and Mindfulness (R) - Happiness Advantage (ROCKY) - Wellbeing Factors (ROCKY) - Progressive Muscle Relaxation (R)

PLUS ONLINE WELLBEING RESOURCE

<p>Module 1: What is stress?</p> <p>Module 2: Stress and peak performance</p> <p>Module 3: Positive Psychology, what determines happiness</p> <p>Module 4: Quick relaxation & wellbeing tips</p> <p>Module 5: Learning how to relax, progressive muscle relaxation</p> <p>Module 6: Meditation</p> <p>Module 7: Mindfulness</p> <p>Module 8: Stress and the way you think</p>	<p>Module 9: Changing your thinking</p> <p>Module 10: Turning negative thinking into positive thinking</p> <p>Module 11: Breathing techniques</p> <p>Module 12: Changing your focus</p> <p>Module 13: Pressure points to help you relax</p> <p>Module 14: Time management</p> <p>Module 15: Self-image beliefs</p> <p>Module 16: How to create positive habits</p>
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TO ACCESS ALL SLIDES FROM THE ZOOM PRESENTATION

Go to: www.enhanced-learning.net

Click on Students and Parents then

7. Download slides (Habits)

Password given out at the end of the session

PASSWORD:

You have 4 weeks to download and save the slides.

Note: Access to the Study Skills Handbook site with the Study Samurai Library is ongoing.

What do you want to do, remember, or implement from the session? Use the action plan below to record the ideas you are interested in.

ACTION PLAN

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