

## Elevate program

As part of our educational program at Atwell College we run a study skills program with all students. The program is run through Elevate Education. Over the last 12 years Elevate has developed a different approach to study skills. This approach actually makes study skills work, and that's why so many schools use Elevate's study skills programmes to get the best out of their students. The programs we will be running with each of the cohorts in 2016 are:

### Year 7 (Term 2) - Study Skills Kick Start

Wednesday 18<sup>th</sup> May 11:05 – 12:25

This seminar is a junior version of 'Study Sensei'. The session introduces students to the fundamental skills that they need to build across high school in order to develop a strong study skills platform.

Skills covered:

- **Dynamic reading**- How to read a text and pull out the key points rather than simply summarising every sentence.
- **Note taking**- How to get those key points into a set of organised notes that will facilitate effective learning.
- **Conceptual learning skills**- How to understand how the information fits together.
- **Independent learning skills**- What independent learning means and how to get it done.

### Year 8 (Term 1) - Memory Mnemonics

Wednesday 9<sup>th</sup> March 11:05 – 12:25

The only thing trickier than getting through all the work in the final years of school can be remembering it! In this seminar we cover simple to use techniques and strategies that help students with their memorisation and recall of information.

This seminar also shows students what an effective environment can do to their memory. Students are introduced to ways to deal with distractions such as Facebook, music, TV and internet.

A number of memory techniques are outlined to suit different learning styles:

- Revision
- Rote learning
- Recital
- Chunking
- Triggers
- How structure can assist with memory
- Mnemonics

### Year 8 (Term 2) - Junior Time Management

Wednesday 24<sup>th</sup> August 11:05 – 12:25

Many students making the transition to high school become overwhelmed by the volume of work expected of them. This seminar gives students the skills to effectively manage their increased workload.

Skills covered:

- **How to develop a study routine:** How to develop a study routine that allows for socialising, sport and extra-curricular activities and still fit in time to study.
- **How to complete homework on time:** Students are introduced to 4 homework skills that ensure that all homework is handed in on time and that homework does not pile up.
- **Revision:** Students are introduced to key revision concepts. What does revision actually mean? When are you meant to do it? How do you fit revision in with other required homework?
- **Managing deadlines:** One of the most difficult skills for a junior school student to develop is the ability to manage long-term deadlines associated with exams and assignments. Students are guided through a 4-step process to help them project manage exam preparation and assignments.

### Year 9 (Term 2) – Challenge Research

Wednesday 3<sup>rd</sup> July 11:05 – 12:25

Elevate's team of young, dynamic presenters run the first 60-minute study skills seminar, equipping your students with a range of research skills to start their research phase.

Skills include:

- Teamwork: a range of teamwork skills, so that students understand how to collaborate effectively in their groups.

Research skills:

- An introduction into research skills, including examination of the types of resources to use, where they can be found and how to use and reference them.

### Year 9 (Term 3) – Challenge Writing

Wednesday 7<sup>th</sup> September 11:05 – 12:25

In this second 60 - minute study skills seminar, students are provided with a range of skills to begin to analyse and collate their research.

Skills include:

- Brainstorming
- Mind-mapping
- Decision trees
- Cause and effect charts
- Essay writing skills

### Year 10 (Term 2) - Time Management

Wednesday 15<sup>th</sup> June 11:05 – 12:25

This seminar addresses the second most common question we get from students: "*Once I know what to do, how do I find the time to do it?*" Students have busy lives and for most, the challenge is simply finding time to get the work done.

Skills covered:

- **Study routine** - How to develop a study routine that allows for socialising, sport and extra-curricular activities but ensures that students still find time to fit in their study.
- **Working smart** - How to identify the work that is going to get students the most marks across their final years and how to ensure that it gets done.
- **Study groups** - Students are shown how to leverage their time across the year by using study groups. This is a particularly powerful technique for those students who are time poor.
- **Procrastination** - Students are introduced to the most common reasons for procrastination and how to get around it.

### Year 11(Term 2) - Student Elevation

Wednesday 22<sup>nd</sup> June 11:05 – 12:25

In this seminar we examine the key fundamentals for school motivation and introduces students to a range of skills that will allow them to motivate *themselves* throughout the year.

Skills covered:

- **Belief** - Students analyse the role of belief as a means to propel them to their personal best in their final years. Students also examine their conditioned beliefs and self-limitations.
- **Goal setting** - All students are lead through a 4-step goal setting process helping them to identify their compelling reason to drive them through their final years. Goals examined include career path, university and vocational study paths.
- **Short term planning** - Once students have identified their compelling reason they are lead through a short term planning process helping them break their goal into a series of achievable, short term benchmarks.

### Year 11 (Term 3) - Memory Mnemonics

TBA

Sometimes, the only thing more difficult than getting through all the work in the final years of school can be remembering it! In this seminar we cover simple to use techniques and strategies that help students with their memorisation and recall of information.

This seminar also shows students how an effective study environment can affect their memory. Students are introduced to ways to eliminate distractions such as Facebook, music, TV and internet.

A number of memory techniques are outlined to suit different learning styles:

- Revision
- Rote learning
- Recital
- Chunking
- Triggers
- How structure can assist with memory
- Mnemonics

### Year 12 (Term 1) - Study Sensei

Wednesday 10<sup>th</sup> February 11:25 – 12:45

The most common question we get from students is: "What is study? We are always told to study, but what does this actually mean?" This seminar provides students with a road-map for what work they will need to do during the year ahead, breaking down the study process step-by-step.

Skills covered:

- **Dynamic reading** - How to read a text and pull out the key points, not just summarise every sentence.
- **Note taking** - How to get the ideas the students have extracted from their reading into an organised set of notes that will facilitate effective learning.
- **Conceptual learning skills** - Teaching students how to break the information into its relevant parts as opposed to simply rote-learning the material.
- **Independent learning** - What independent learning means and how to get it done.
- **Standing out on assessment** - Students are shown how to distinguish themselves from the thousands of other students who are all taught the same material.

## Year 12 (Term 2) - Ace Your Exams

Wednesday 27<sup>th</sup> April 11:25 – 12:45

With the arrival of exams knowing the material is no longer enough. Now it's a case of application. The question for many students is: "*How do I take all the work I have done and turn it into the marks I deserve?*" This seminar examines what students need to do in the lead up to exams in order to be properly prepared. The seminar also covers a range of exam room skills used by the top students in order to stay calm and stand-out.

Skills covered:

- **Effective preparation** - Students are introduced to 8 steps used by the state's top students to prepare for an exam.
- **Fixing mistakes** - Students are shown how to identify exactly what they're doing wrong on mock exams and practice papers, and how to ensure these mistakes are not made in the exam room.
- **Allocation of time** - Students are taken through a step-by-step process to ensure preparation is completed in advance to prevent last minute cramming.
- **Exam room techniques** - Including stress management, planning, time allocation and how to tailor a succinct, focused answer.