

Jnr Time Management	Year 8	Term 1
<p>This seminar shows young students how to work consistently and complete larger tasks. For most students the approach of ‘doing it the night before’ won’t work anymore. This seminar demonstrates how to break bigger tasks down into manageable amounts of work, whilst also showing students how to prioritise.</p> <p>Skills covered:</p> <p>Study routine</p> <p>How to develop a study routine that allows for socialising sport, extra-curricular activities and other things but still ensures academic productivity.</p> <p>Working smart</p> <p>How to identify the work that is going to get students the most marks across the junior school, and how to ensure it gets done.</p> <p>Assignments / Exams</p> <p>Students are shown how to break down long term deadlines and work consistently, balancing the demands of work that is due in the short term and their longer term deadlines.</p> <p>Procrastination</p> <p>Students are introduced to the most common reasons for procrastination and how to get around it.</p>		

Study Sensei	Year 10	Term 1
<p>We address the question: “What is study?” This seminar breaks down the study techniques of the top students, providing students with a road-map for what work they need to be doing across the year and how to do it.</p> <p>Skills covered:</p> <p>Working consistently</p> <p>How to get notes done during term, instead of just before exams.</p> <p>Note taking</p> <p>How to get the ideas students have extracted from their readings into an organized set of notes that will facilitate effective learning.</p> <p>Conceptual learning skills</p> <p>Teaching students how to break the information into its relevant parts as opposed to simply rote-learning the material.</p> <p>Standing out on assessment How to distinguish oneself from the thousands of other students being taught the same material.</p>		

Study Skills Kick Start	Year 7	Term 2
<p>This seminar breaks down the transition process from primary to secondary education, introducing students to the fundamental skills that they need to be using over the coming years.</p> <p>Skills covered:</p> <p>Dynamic reading How to read a text and pull out the key points, not just summarise every sentence.</p> <p>Note taking How to get those ideas the students have extracted from their readings into an organised set of notes that will facilitate effective learning.</p> <p>Conceptual learning skills Teaching students how to break the information into its relevant parts as opposed to simply rote-learning the material.</p> <p>Independent learning What independent learning means and how to get it done.</p>		

Time Management	Year 10	Term 2
<p>This seminar addresses the second most common question: “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.</p> <p>Skills covered:</p> <p>Study routine How to develop a study routine that allows for socialising, sport and extra-curricular activities but still ensures productivity.</p> <p>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.</p> <p>Study groups Students are shown how to leverage their time across the year by using study groups. This is a particularly powerful academic technique for those students who are time-poor.</p> <p>Procrastination Students are introduced to the most common reasons underlying procrastination and how to manage them, if not eliminate them altogether.</p>		

Ace Your Exams	Year 11	Term 2
<p>With the arrival of exams knowing the material is no longer enough. It now becomes 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 outlines the critical exam skills that will allow them to excel in the exam room, whilst also demonstrating that exams are not just about the exam room - the preparation is where the marks are.</p>		
<p>Skills covered:</p>		
<p>Effective work</p>		
<p>Students are introduced to the different types of work they can do in preparation for exams, and which are the most effective. They therefore walk out of the seminar with an understanding of precisely what work they should be doing and when</p>		
<p>Fixing mistakes</p>		
<p>The students are shown how to identify exactly what they’re currently doing wrong on mock exams and practice papers, and how to ensure these mistakes are not made in the exam room.</p>		
<p>Allocation of time</p>		
<p>Students are taken through a step-by-step process to ensure preparation is completed weeks in advance.</p>		
<p>Exam room techniques</p>		
<p>Including stress management, planning, time allocation and how to tailor a succinct, focused answer.</p>		

Student Elevation	Year 11	Term 2
<p>In this seminar we examine the key fundamentals for senior school success and introduce students to a range of skills that will allow them to motivate themselves throughout the year.</p> <p>Skills covered:</p> <p>Belief</p> <p>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.</p> <p>Goal setting</p> <p>All students are led 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 based goals.</p> <p>Short term planning</p> <p>Once students have identified their compelling reason they are led through a short term planning process helping them break their goal into a series of achievable benchmarks</p>		

Memory & Mnemonics	Year 8	Term 3
<p>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 ineffective study environment can do to their memory. Students are introduced to ways to deal with Facebook, music, TV, distractions, internet and ineffective work times.</p> <p>Skills covered:</p> <ul style="list-style-type: none"> • Understanding memory and how to manipulate it • Examination of why we forget • How to ensure more information is retained • Effective revision strategies • How to minimise reliance on rote learning 		

Elevate Challenge: Research	Year 9	Term 3
<p>Many students think they have a solid idea about how to research a project, but many end up conducting research inefficiently and using the wrong sources. This seminar shows students effective research processes to help them produce more rigorous assignment plans.</p> <p>Skills covered:</p> <p>Planning for an assignment</p> <p>How to identify and prioritise different topics within a broader topic, to give students direction and purpose to their research activities</p> <p>Speed-thinking</p> <p>How to create new avenues for research that are not immediately apparent using speed-thinking processes and templates.</p> <p>Using different research platforms</p> <p>How to diversify research by going beyond Google – and making sure information is gathered from reliable, reputable sources.</p>		

Memory & Mnemonics	Year 11	Term 3
<p>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 ineffective study environment can do to their memory. Students are introduced to ways to deal with Facebook, music, TV, distractions, internet and ineffective work times.</p> <p>Skills covered:</p> <ul style="list-style-type: none"> • Understanding memory and how to manipulate it • Examination of why we forget • How to ensure more information is retained • Effective revision strategies • How to minimise reliance on rote learning 		

Finishing Line	Year 12	Term 3
<p>The end is in sight. The last thing we want now is students stressing and forgetting the skills they've been taught over the previous few years. This seminar is the conclusion of the programme, and is designed to reinvigorate students as they approach the end of Year 12. Students are provided with a clear road map for the final few months and practical strategies to manage the pressure and stress that comes with it!</p> <p>Skills covered:</p> <ul style="list-style-type: none"> • Re-visiting short term goals for the final months • Maintaining work rate • Making the most of the holidays and the final few weeks • Stress management, mindfulness and wellness strategies • Any final tips to help students cross the finish line! <p>This seminar is a great final motivation for students and an opportunity for them to ask the questions they've wanted to ask from presenters they've come to know and trust across the previous few years.</p>		

Elevate Challenge: Writing	Year 9	Term 4
<p>This seminar shows students how to take information gathered from the research phase of an assignment and turn it into a coherent, well-argued report.</p> <p>Skills covered:</p> <p>Organising research</p> <p>How to pool ideas and arguments into categories to help with the formation of report sections, headings and sub-headings.</p> <p>Writing lexicon</p> <p>How to write a report that is written in a clear, professional language.</p> <p>The drafting process</p> <p>Students are shown how to produce multiple drafts of an assignment, including identifying areas for editing and improvement prior to final submission. Students are shown how to assess an argument and ensure it holds its own in the report.</p> <p>Presentation</p> <p>How to put the finishing touches on a report to ensure it is well received upon submission.</p>		