



STUDY SAMURAI LIBRARY

The Ultimate Online Secondary School Resource:
STUDY SKILLS TECHNIQUES + MINDSET & WELLBEING

WHAT THE LIBRARY INCLUDES

WHY THE LIBRARY WORKS



Finally, An Integrated Holistic Resource That Supports Students, Parents
And Teachers To Navigate The Challenges Of Secondary School

A library of resources for schools to use to support their students



THE STUDY SAMURAI LIBRARY

Not just study skills, but wellbeing, stress management, peak performance, motivation & more:

- > Full access to www.studyskillshandbook.com.au (schools already subscribed can upgrade)
- > Full access to Human Connections Online Wellbeing Resource with 17 modules
- > 75 video lessons for students (20-30 mins each) from two experts on Study Skills & Wellbeing

DON'T MISS THIS SPECIAL OFFER:

SIGN UP NOW FOR NEXT YEAR TO THE STUDY SAMURAI LIBRARY AND GET ACCESS FOR THE REST OF THIS YEAR FOR FREE!

The sooner you subscribe the more access you get for free!



75 Video Lessons from Prue and Rocky on study skills and wellbeing topics



ELES Online Study Skills Handbook Website with 43 study skills units of work



Human Connections Online Wellbeing Resource with 17 modules

Pricing is based on secondary school enrolment and for most schools this works out at around \$2 per student. Schools that already subscribe to www.studyskillshandbook.com.au can upgrade for half the price below.

ANNUAL SUBSCRIPTION FEES FOR THE STUDY SAMURAI LIBRARY:

Personal Use	Family Price	\$197 Billed Annually
Secondary School Enrolment	Less than 250 Students	\$800 Billed Annually
Secondary School Enrolment	Less than 500 Students	\$1200 Billed Annually
Secondary School Enrolment	Less than 800 Students	\$1600 Billed Annually
Secondary School Enrolment	Less than 1100 Students	\$2000 Billed Annually
Secondary School Enrolment	More than 1100 Students	\$2400 Billed Annually



THE STUDY SAMURAI LIBRARY

1. THE ELES ONLINE STUDY SKILLS HANDBOOK WEBSITE

Working Better At Home Units

1. Home Study Environment
2. Organisation and Filing
3. Time Management Skills
4. Managing Workload
5. Dealing with Distractions
6. Overcoming Procrastination
7. Developing Motivation
8. Goal Setting
9. Lifestyle and Balance
10. Managing Stress

Working Better At School Units

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

Improving Your Skills Units

1. Reading Skills
2. Writing Skills
3. Mathematical Skills
4. Science Skills
5. Foreign Language Skills
6. Assignments Skills
7. Research Skills
8. Presentation Skills

Improving How You Study

1. Summarising
2. Active Studying
3. Preparing for Exam Blocks
4. Test-Taking Techniques
5. After Tests & Exams

Extra 'general' mini-units

1. Starting Secondary School
2. Becoming a Senior Student
3. Bullying: Issues and Strategies
4. Managing Part-Time Jobs
5. Your Brain and Memory
6. Live Your Best Life
7. Educational Kinesiology
8. Living Across 2 Houses
9. Travel: A Motivator to Learn
10. University: A New Adventure

Extra 'technology' mini-units

1. Technology Tools
2. Basic Computer Skills
3. Be CyberSmart
4. Useful Apps for iPads
5. Microsoft OneNote

2. THE HUMAN CONNECTIONS ONLINE WELLBEING RESOURCE

Working Better At Home Units

- Module 1: What is stress?
 Module 2: Stress and peak performance
 Module 3: Positive Psychology, what determines happiness
 Module 4: Quick relaxation & wellbeing tips
 Module 5: Learning how to relax, progressive muscle relaxation
 Module 6: Meditation
 Module 7: Mindfulness
 Module 8: Stress and the way you think
 Module 9: Changing your thinking
 Module 10: Turning negative thinking into positive thinking
 Module 11: Breathing techniques
 Module 12: Changing your focus

- Module 13: Pressure points to help you relax
 Module 14: Physiology, nutrition and sleep
 Module 15: Time management
 Module 16: Self-image beliefs
 Module 17: How to create positive habits

- Bonus Module 1: What is the Tapping Technique
 Bonus Module 2: How to use The Tapping Technique
 Bonus Module 3: How to start Tapping
 Bonus Module 4: Research Tapping
 Bonus Module 5: Anxiety

3. 75 VIDEO LESSONS (20-30 MINS EACH) FROM TWO EXPERTS DR PRUE SALTER & ROCKY BIASI

PERFORMANCE:

ACHIEVE PERSONAL BEST PERFORMANCE

- Neuroplasticity (ROCKY)
- Brain Rules (ROCKY)
- 7 Motivation Strategies (ROCKY)
- What Drives Human Behavior (ROCKY)
- How to Set Goals (ROCKY)

- Maximising Classtime (PRUE)
- Practice Methods (ROCKY)
- Mental Practice (ROCKY)
- Practice Principles (ROCKY)
- Getting in the Flow (ROCKY)

- Your Brain and Memory (PRUE)
- Finding Help (PRUE)
- Aligning Goals To Values (ROCKY)
- Model Masters (ROCKY)
- Sustain Progress Develop Mastery (ROCKY)

STUDY SKILLS:

KNOW HOW TO MAKE LEARNING EASY

- Study Notes 1 (PRUE)
- Mind Maps (PRUE)
- How to Study (PRUE)
- Test-Taking Techniques (PRUE)
- Common Study Mistakes (PRUE)

- Study Notes 2 (PRUE)
- Learning Preferences (PRUE)
- Improving Reading Skills (PRUE)
- Improving Handwriting (PRUE)
- After Tests & Exams (PRUE)

- Study Notes 3 (PRUE)
- Subject Specific Study (PRUE)
- Advanced Memory Techniques (PRUE)
- Preparing for Exam Blocks (PRUE)
- Essay Writing Skills (PRUE)

TIME MANAGEMENT:

BECOME ORGANISED, EFFICIENT AND PRODUCTIVE

- Home Study Environment (PRUE)
- Organisation and Filing (Paper) (PRUE)
- Organisation and Filing (Digital Resources) (PRUE)
- Independent Learning (PRUE)
- Managing Workload (PRUE)

- Time to Allocate to Schoolwork (PRUE)
- Creating Afternoon Routines (PRUE)
- Dealing with Technology Distractions (PRUE)
- Dealing with Other Distractions (PRUE)
- Overcoming Procrastination (PRUE)

- Prioritising Techniques (PRUE)
- Managing Workload 2 (PRUE)
- Planning Holiday Study (PRUE)
- The One Thing (ROCKY)
- 80/20 Rule (ROCKY)

MINDSET:

DEVELOP A GROWTH AND SUCCESS MINDSET

- When will we ever use this? (PRUE)
- How Winners Think (ROCKY)
- Identity Beliefs (ROCKY)
- Fixed and Growth Mindset (ROCKY)
- Vision and Purpose (ROCKY)

- Senior School Mindset (PRUE)
- How to Change Negative Thinking (ROCKY)
- Problem Solving Questions (ROCKY)
- Mental Mindset of Champions (ROCKY)
- Focus (ROCKY)

- Keeping Things in Perspective (PRUE)
- The Power of Failure (ROCKY)
- 5 Steps To Get Your Head Right For Senior School (ROCKY)
- Changing Your Thinking ABC (ROCKY)
- Strategies for a Growth Mindset folder (ROCKY)

WELLBEING:

HAVE ENERGY AND MOTIVATION

- Lifestyle Factors (PRUE)
- Power Poses (ROCKY)
- Positive Psychology (ROCKY)
- Starting Your Day For Success (ROCKY)
- Creating Positive Habits (ROCKY)

- 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)

- Nourishing Body and Brain (PRUE)
- Meditation and Mindfulness (ROCKY)
- Happiness Advantage (ROCKY)
- Wellbeing Factors (ROCKY)
- Progressive Muscle Relaxation (ROCKY)