



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>extra 'general' mini-units</i></p> <ol style="list-style-type: none"> Starting Secondary School Becoming a Senior Student Bullying: Issues and Strategies Managing Part-Time Jobs Your Brain and Memory Live Your Best Life Educational Kinesiology Living Across 2 Houses Travel: A Motivator to Learn University: A New Adventure
<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>Improving How You Study</i></p> <ol style="list-style-type: none"> Summarising Active Studying Preparing for Exam Blocks Test-Taking Techniques After Tests & Exams 	<p><i>extra 'technology' mini-units</i></p> <ol style="list-style-type: none"> Technology Tools Basic Computer Skills Be CyberSmart Useful Apps for iPads Microsoft OneNote

DON'T MISS THIS SPECIAL OFFER:

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

The sooner you sign up the more months you get for free!

2. THE HUMAN CONNECTIONS ONLINE WELLBEING RESOURCE

<p>Online Stress Management Introduction</p> <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: Physiology, nutrition and sleep</p> <p>Module 15: Time management</p> <p>Module 16: Self-image beliefs</p> <p>Module 17: How to create positive habits</p> <p>Bonus Module 1: What is the Tapping Technique</p> <p>Bonus Module 2: How to use The Tapping Technique</p> <p>Bonus Module 3: How to start Tapping</p> <p>Bonus Module 4: Research Tapping</p> <p>Bonus Module 5: Anxiety</p>
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3. 75 VIDEO LESSONS (20-30 MINS EACH) FROM TWO EXPERTS DR PRUE SALTER & ROCKY BIASI

PERFORMANCE:	- Neuroplasticity (ROCKY) - Brain Rules (ROCKY) - 7 Motivation Strategies (ROCKY) - What Drives Human Behavior (R) - 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)
ACHIEVE PERSONAL BEST PERFORMANCE			
STUDY SKILLS:	- 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 (P) - Preparing for Exam Blocks (PRUE) - Essay Writing Skills (PRUE)
KNOW HOW TO MAKE LEARNING EASY			
TIME MANAGEMENT:	- Home Study Environment (PRUE) - Organisation and Filing (Paper) (P) - Organisation and Filing (Digital Resources) (PRUE) - Independent Learning (PRUE) - Managing Workload (PRUE)	- Time to Allocate to Schoolwork (P) - Creating Afternoon Routines (P) - Dealing with Technology Distractions (PRUE) - Dealing with Other Distractions (P) - Overcoming Procrastination (P)	- Prioritising Techniques (PRUE) - Managing Workload 2 (PRUE) - Planning Holiday Study (PRUE) - The One Thing (ROCKY) - 80/20 Rule (ROCKY)
BECOME ORGANISED, EFFICIENT AND PRODUCTIVE			
MINDSET:	- When will we ever use this? (P) - How Winners Think (ROCKY) - Identity Beliefs (ROCKY) - Fixed and Growth Mindset (R) - Vision and Purpose (ROCKY)	- Senior School Mindset (PRUE) - How to Change Negative Thinking (Rocky) - Problem Solving Questions (R) - Mental Mindset of Champions (R) - Focus (ROCKY)	- 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)
DEVELOP A GROWTH AND SUCCESS MINDSET			
WELLBEING:	- Lifestyle Factors (PRUE) - Power Poses (ROCKY) - Positive Psychology (ROCKY) - Starting Your Day For Success (R) - 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 (R) - Happiness Advantage (ROCKY) - Wellbeing Factors (ROCKY) - Progressive Muscle Relaxation (R)
HAVE ENERGY AND MOTIVATION			