

## **Enhanced Learning Educational Services**

[www.enhanced-learning.net](http://www.enhanced-learning.net)

### **Key Points from Presentation:**

Your “Senior Mode” - “This is my future, I’d better study now, I can’t afford to waste 6 hours per day.” (see page 2 of booklet)

Brains like pattern, structure and repetition. Also like to learn in an active way.

HSC = Do you have the discipline to work when you don’t want to?

Rewards hard work & effort

Not normal, you’ll never have to do it again

University isn’t like this – university is in cycles of work

You want to walk away with no regrets – “I don’t want to throw away 12 years of school because I couldn’t be bothered to put the hours in.”

Have a life & keep the things you’re passionate about – sports, friends, part-time work – 2 shifts max. in Year 11; 1 shift max. in Year 12

Don’t wait for magic moment when you feel like studying, because it probably will never come.

[Do Booklet activities: bottom of page 2](#)

[Complete My Goals Page 14 of booklet](#)

### **Goals of Presentation:**

- Minimise stress
- To think about your approach to senior years and what you need to change, now that you’re preparing for the HSC
- Introduce new ideas and techniques to help you achieve better results

### **Presentation Covered:**

- Organisation
- Study notes
- Techniques to study
- Research of Brain
- Time Management

## **Organisation: Manage paper and digital**

### **Paper:**

- Need a system to organise all the paper
- 1 folder with dividers for each subject with current topics (to take to school) – so you aren't dragging old notes back and forth
- Subject folders at home
- Magazine holders may work well for loose papers (1 holder per subject)

### **Digital:**

- Make files easy to find
- Resources organised
- Back up

Q: How do you organise all the paper and digital files?

## **3 Areas of Study:**

1. Understand
2. Remember (test yourself)
3. Take it out of your head (enormous amount of practice, applying knowledge, past exam papers etc)

It is a mistake to wait until just before exam to start making study notes – not like Year 10, can't do it just before exam

Q: Do you make study notes? Do you practice?

## **Study Notes:**

(See page 6 of booklet for keys to making effective notes)

Use holidays to get 100% up to date on notes

Spend 1 night/week on each subject, or do on weekend

Do notes on the nights you don't have homework = a real challenge

Show study notes to someone

20-50 pages of notes needed for entire year's work – therefore should start now. Knock them over as soon as possible.

Q: What is your plan to complete study notes? On weekend? After each unit?

## **Why make study notes:**

- Review on regular basis
- Helps determine if understanding
- Gives you a time advantage because it makes it easier to learn if structured and cut down, using dot points, headings, sub-heads with keywords
- The process of making them helps to get information into brain

Make a mind map - Gives your brain a scaffold (see <https://bubbl.us/>)

Make lists, in point form – cut it down

Research says hand-writing is better. If you type, compensate by writing down as you learn a section and write during practice stage

Q: What is your hand-writing like? Do you type or hand-write notes?

Use pictures, diagrams, good clear headings with sub-heads, pull out keywords, with max of 7 bullet points under each heading

Resist urge to write in long paragraphs

Put headings all in one colour

**Maths Notes:**

Notes = small; practice= long

**English Notes:**

Themes, characters techniques

Q: Which subjects are hardest/easiest to take notes for? Which ones take time?

**Syllabus Outcomes:**

Syllabus outcomes from Board of Study – take each one and create content underneath each

	Syllabus Outcome
Keyword (a question to test yourself on notes)	Content – study notes in point-form

Try 2 column note system

Questions	Notes

Q: What do you think the quality of your study notes is? Do you ever show your study notes to a teacher for feedback?

(See page 6 of booklet for keys to making effective notes)

**Practice:**

There are no shortcuts

The more questions you get from different sources, the better

See page 10 of booklet for 3 types of learners – Visual, Auditory and Kinaesthetic

Q: Do you know what your learning style is?

Do activities on Page 8 & 9 + 11 & 12

Study needs to be active – if there’s no energy output, it’s not going into your brain – ie: just reading it through, doesn’t help you remember it.

Q: What are the top 2 things you can do to improve your studying?

Do Page 12 of booklet – Memory Maximiser Questions.

### **Sleep:**

Memory files things away while you sleep – get enough to retain what you're learning – listen to your body, if you wake up exhausted, not getting enough sleep/nutrition/exercise.

Cut out screens 1 hour before sleep

Q: What are you like with distraction of technology and do you get enough sleep?

Last thing at night and first thing in morning – brain is more receptive

### **Music while you study:**

Average song has 140 beats/minute – studies have found this makes the brain work 5X slower

Only music you can study with has 60 beats/minute = Classical, or Baroque

Listen to music when you're doing easy work, but if you have to concentrate or memorise, don't listen to music.

### **Technology while you study:**

If you try to multi-task in front of technology, it takes 5 X as long

You can download self control – on Mac "selfcontrol" – you can ban yourself from sites

Turn phone off, put out of site

If you can't handle that, set an alarm to go off every 20 mins for a quick technology break

### **Time Management:**

See page 13 of Booklet for Managing your Time Effectively

Q: What is your main issue around time management?

Simple way to improve results – put more time in: "I'm working for me, this is my future, I need to put the time in."

Number of hours needed 1 ½ hours/night minimum – any less than this, why bother?

Should do 1-1.5 hours/night - with 4-6 hours on the weekend

If you're doing less than 1.5 hrs/night, you're just doing the compulsory homework

Allocate set times for school work & work in ½ hour blocks

Do a timetable of your life, in ½ blocks and plan out when to do school work

	M	T	W	Th	F	Sat	Sun
4 – 4.30							
4.30 -5							

As soon as you get home, lay all your work out, take a break, then grab a pile and start

Q: Give yourself a mark out of 10 – How effective are you studying at home?

Q: What are your big time wasters?

### **Workload Management System: Get Systems around planning**

1. Term planner – to see how your terms is spread out. Can easily see bad weeks and how many weeks you have until exams. It's in your face.
2. Diary = a project management tool – break work into chunks and plan – write down exactly what you're going to do to get ready.

Highlight what is finished. If not finished, cross it out and reschedule it forward = project management skills

Q: What do you do to plan and manage work for assessments? Is your plan working?

Homework: Top 2 Things you want parents to stop or start; Top 2 Things we want you to start or stop

### To Do List

Get a wall planner for Term at a Glance

Choose someone to show study notes to

Make a weekly schedule, plotting out how to fit in 1-1.5 hours/ night - with 4-6 hours on the weekend

Use diary as project management tool