



***Enhanced Learning
Educational Services***
“the study skills specialist”

SENIOR SCHOOL SUCCESS



The last years of school can be challenging and demanding. An effective and efficient approach can ensure you also find these years rewarding and have lots of choice at the end of your schooling for your career or further education.

- You should read each point and **highlight the key phrases** in that point.
- Discuss with a friend or parent as you read through the handout.
- You may like to work through this over a number of sessions.

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1. SENIOR SCHOOL MINDSET

The most essential part of your transition to senior school is to ensure you move into a senior mindset as quickly as possible. *Tick which of the following mindset aspects you have already achieved.*

- POSITIVE ATTITUDE:** A positive attitude means that you approach your senior studies with a willingness to learn and the belief that you can succeed if you put the time and effort in. You don't waste time complaining or whinging, instead you accept the demands of the senior years and make the decision to make the most of the last years of school.
- GROWTH MINDSET:** A growth mindset means that you believe you have the potential to improve, that intelligence is not fixed and you are able to change. This means that you look for solutions rather than dwelling on problems, and you see failure as an opportunity to learn from your mistakes.
- ACCEPT RESPONSIBILITY:** Part of being a senior student is accepting responsibility for your studies. You are no longer working for your teachers or parents, you are now working for yourself and for your future. You are the one who will be affected by how hard (or how little) you work. You accept that you are now responsible for your own success.
- MOTIVATION:** Once you have accepted that your success is your own responsibility, you look for ways to get yourself motivated to put in the effort needed to achieve academically. You search for reasons to do your work rather than reasons not to do your work. You search for ways and means to keep yourself motivated and on track in the last years of school.
- GOALS:** Part of staying motivated is setting yourself goals. You set goals for what you might be interested in doing after school, goals for what you'd like to achieve in your subjects and goals for how much work you want to complete each day. You translate goals into specific actions you need to take by certain dates and times.
- BALANCE:** Even though you are aiming to reach your personal academic best at school, you keep a balanced mindset, realising that there are always many different paths to where you want to go in life. Getting certain marks might make it easier, but you don't get overly stressed as you realise the aim is just to walk away at the end of school knowing that you did the best you could. You understand that if you are not able to do your first choice for after school that if you are dedicated enough you will find a way to forge the career you are interested in.
- BIG PICTURE:** You are able to see the big picture – that the final years of school are not just about marks, it is also about learning how to learn, how to manage your time, how to work under pressure, how to think critically and analyse, how to problem solve...just to name a few.



DISCUSS

a. What things could you do or try to move closer to a senior school mindset so that you can implement the strategies in this guide?

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2. AT SCHOOL

In the Classroom

Consider your behaviour in the classroom. A responsible senior student:

- Listens attentively to what is happening in the classroom.
- Stays on task and completes the work allocated for the lesson.
- Doesn't talk at inappropriate times or disturb others' learning.
- Participates in discussions sharing ideas and being involved.
- Helps and supports other students in the classroom.
- Asks questions about anything they don't understand.
- Focuses on trying to absorb as much as possible from the lesson.



Outside of the Classroom

Consider your behaviour outside of the classroom. A responsible senior student:

Is on time for school and for classes.

- Misses as few lessons as possible and chases up any work they do miss.
- Builds a positive relationship with teachers by being sensible and respectful at all times.
- Uses lunchtime or before school to get things done if they are swamped.
- Makes appointments to see teachers outside of class if they need help.
- Uses any study or free periods to complete work rather than to just socialise.

DISCUSS

*b. What could you do to improve your focus in the classroom?
Are there particular subjects that you need to focus on?*

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