

Essential Study Skills For High School Students

1 To 1 Private Study Skills Program

If you are looking for ways to help your son or daughter with their studies then our **Essential Study Skills Personal Coaching Program** will equip them with the knowledge, skills and confidence to study more effectively and achieve better results. Designed and delivered personally by Australian Memory Record Breaker and founder of Gloop, Chris Lyons, this private 1 to 1 study skills program gives students simple, practical techniques to overcome procrastination and approach their studies in a more organised and efficient way, helping them achieve better grades in assignments, tests and exams.

Focused on three key areas - **Memory Skills, Speed Reading and Effective Note-taking Techniques** - students discover how to learn new information quickly and easily using simple yet powerful study techniques many other students are never ever shown. Plus Gloop personal coaching is relaxed, friendly and fun!

Program designed and delivered by Australian Memory Record Breaker Chris Lyons who in 2006 correctly recited Pi to 4,400 places without error.

Chris has appeared on The Today Show, A Current Affair, Today Tonight and demonstrated how effective these techniques can be on radio stations all around Australia. In 2008 Chris won the Australian Memory Championships Names competition by memorising 46 people's names in just 5 minutes.

Purpose Of Program

- To give high school students a rapid and practical introduction to Memory, Speed Reading and Effective Note-taking Techniques
- To show students how to apply these techniques to their day-to-day studies to overcome procrastination and study in a more organised and efficient way, saving time and achieving better grades
- To provide students with an easy-to-follow action plan to help them apply and practise their new study skills after the program

What Students Learn

- **Memory Skills** - how much of your true potential are you using?
- The real reason students forget things and why this is good news
- The 3 essential keys to remembering what you need to at school
- The 3 most effective memory systems for studying
- Which memory techniques work best for which subjects
- How and when to review information to maximise retention and recall
- How to quickly memorise study information for tests and exams

Continued overleaf...

- **Speed Reading** - how well do you currently read and what's possible?
- Why most students read below their potential and with poor comprehension
- 4 key techniques to increase your reading speed, comprehension and recall
- How to quickly double your reading speed through effective practice
- How to remember more of what you read and study using the BDA approach
- Reading strategies for different types of study material
- Common reading traps students make and how to avoid them

- **Effective Note-taking** - why is note-taking such an important study skill?
- Common note-taking traps and how to avoid them
- How and when to make notes to maximise comprehension, retention and recall
- How to summarise study materials more quickly and easily
- How to use the GO method to plan and prepare assignments, projects and essays in a fraction of the usual time
- How to use effective note-taking to plan A+ essays and overcome procrastination
- How to combine memory, reading and note-taking techniques to produce a coherent approach to successful study

Who Delivers The Coaching Program?

The Essential Study Skills Coaching Program is designed and delivered in person by Australian Memory Record Breaker Chris Lyons. Over the last 10 years Chris has delivered hundreds of public and private workshops and coaching programs for individuals, groups and schools showing high school students how to study more effectively and achieve better grades.

Frequently Asked Questions

Before you register for the Gloop Essential Study Skills Coaching Program, here are the answers to some commonly-asked questions.

1. How Long Does The Study Skills Coaching Program Take?

For your convenience, you can choose between two delivery options each of which covers the same material, whether done online or face-to-face:

- **OPTION A: 1 Day Program.** Delivered in x1 day, usually from 1000 to 1600. Perfect if you want to cover all the material in the shortest possible time and in just one go.
- **OPTION B: 2 Session Program.** Delivered in x2 three hour sessions, one each week over a two week period.

With both options, the program is broken up in to a number of short modules each of which covers one or several key strategies or techniques. These progressively build on each other and regular short breaks are taken to maintain attention and focus. In this way, it is possible to easily absorb and learn the techniques covered whether done in one go or over a number of shorter, separate sessions. **1 Day Program Discount:** *As less preparation time is required when the program is done all in one go a \$100 discount applies to the 1 day program option.*

Continued overleaf...

2. Are You Really Able To Keep Students Fully Engaged For A Whole Day?

Absolutely. In fact, at the end of the day many students not only remark how valuable the course was but also how the day seemed to fly by. And it does, in part because of the way in which the course is structured comprising numerous short sessions of 30 to 50 minutes, each introducing one or several key study strategies or techniques, with frequent short breaks in between to help students remain attentive and focused. But also because students are introduced to new and highly effective ways to learn in a fun, relaxed and humorous fashion.

3. Is This Program Suitable For High School Students Of All Ages?

In a word, yes. This study skills course is designed to help high school students study more effectively and improve their grades regardless of their age. It is especially beneficial for students in years 10 to 12 preparing for the VCE, HSC or QCST. That said, the earlier students are exposed to effective study techniques the sooner they can benefit from them. Which is why this program is designed to equip students with key, lifelong learning skills and is delivered in a fun and easy-to-follow way so that students from years 7, 8 and 9 can benefit from the program just as much as students in years 10 to 12.

4. What Materials Do Students Receive?

Students receive an A4 study skills binder which builds up through the course of the program with handouts inserted summarising the key ideas and techniques as they are discussed and activities undertaken. The binder is divided in to key sections reflecting the main techniques covered and serves as an important and easy to use review and reference document after the program.

5. When Do The Sessions Take Place?

Available all year round and at a time to suit you, this study skills program can be taken on weekdays, Saturdays or selected Sundays. Face-to-face sessions at Gloop in Sydney take place during the daytime. Online sessions take place during the daytime plus are also available on selected weekday evenings

6. Where Do The Face-To-Face Sessions Take Place?

Face-to-face sessions take place in Balmain in Sydney's Inner West which is 5km or 10 minutes from Sydney CBD. Face-to-face sessions take place during the daytime. Alternatively, coaching programs can also be delivered at your home or place of work within the Sydney metropolitan area at no extra charge if done in one session. Not in Sydney or prefer not to travel? You can also take this course as an online program from the comfort and convenience of your home, see next two questions for details.

7. How Does The Online Program Option Work?

For online programs we use a web-based training delivery platform which enables us to share video and audio in real time. So it is similar to a face-to-face session just done via computer or tablet and over the internet. The platform also allows us to share documents and you are able to view the supporting powerpoints we use as we progress through the training. For online programs you simply need broadband internet access plus a computer or tablet with webcam and microphone.

Continued overleaf...

8. Is There Any Difference Between The Online And Face-To-Face Programs?

Both options are live, one to one training and cover exactly the same ideas, techniques and content. Some people prefer to learn face-to-face in the same room and so this is a good choice if you are based in (or can travel to) Sydney. Online programs offer more flexibility in terms of scheduling and can also save on travel time and costs. Both options work well, cover the same material and achieve the same results.

9. I'm A Parent And Would Like To Sit In On The Coaching Program. Is This Possible?

Yes and there is no extra charge. Where possible we encourage it as you then also experience first hand the techniques your son or daughter has been shown and you are able to provide additional support afterwards. Plus we know that many parents also benefit from learning how to read faster and remember more!

10. How Much Does The Coaching Program Cost?

The Essential Study Skills Coaching Program taken as a 2 session option costs \$895 including GST, whether done online or face-to-face. As less preparation time is required when the coaching program is done all in one go, a \$100 discount applies to the 1 day option which costs \$795 including GST. If you are interested in the program but it is beyond your budget, you can reduce the cost by having your son or daughter take the program with a friend - see the next question.

Alternatively, we also offer 2 separate, shorter programs for high school students costing less, one focusing just on **Speed Reading** and the other just on **Memory Techniques**. Another option is to consider attending one of our public study skills courses. For more details please visit <http://www.gloo.com.au/high-school-study-skills.html> or call us on 02 9089 8892.

Interested?

Simply visit...

<http://www.gloo.com.au/HSS.html>

...and submit the 60 second enquiry form.

We'll then contact you within 24 business hours for a quick chat to check that the Program is right for your son or daughter and to discuss your preferred coaching times. Or if you prefer, you can contact us directly on **02 9089 8892**.

11. Is It Possible To Take This Program With Another Student?

Yes, this coaching program can be taken with up to 2 additional students at the same time. Ideal if you have more than one son or daughter or they would benefit from taking the program with a school friend. The cost for each additional student is \$200 including GST. So for a 1 day coaching program for 2 students together the total cost is \$795 + \$200 = \$995 or just over \$450 each - a saving of almost \$300 per student.

12. We'd Prefer A Public Course. Where And When Are The Next Ones?

Our next study skills public courses are taking place shortly in Melbourne, Sydney, Brisbane. For more details please visit <http://www.gloo.com.au/high-school-study-skills.html> or call 02 9089 8892.

Continued overleaf...

Student Feedback

Since we started over 10 years ago we've never had a single customer complaint or refund request. Not one. Just fantastic feedback from students who've attended our study skills programs.

"The program was delightful. I saw an immediate improvement in my memory and my reading speed. The course was very enjoyable and FUN!"

Geneva Walker, Year 11 Student, Penrith

"The Gloo program taught by Chris taught me heaps of cool information retention and revision techniques that I will definitely use and will help me significantly. I wish I had learnt this all earlier!!"

Mitchell O'Shea, Year 12 Student, Mansfield High School

"This was a great program that taught me many useful techniques. Everything was easy to learn and Chris made the day enjoyable."

Liana Dimovski, Year 11 Student, Illawarra Sports High

"It was amazing. I learnt so many new study tips that will be so helpful during the HSC!"

Elloise McWilliams, Year 11 Student, Sydney

"Very, very useful, especially the reading techniques. This has helped me immensely."

Jarred Deluca, Year 11 Student, Kellyville

"A very useful experience. Memory improved significantly and speed reading techniques are both enlightening and useful. I highly recommend this program to others."

Moses Vasimalla, Year 12 Student, Melbourne

"I found the program very helpful and resourceful. All the techniques shown are useful and can be put in to practice. I would recommend it to anyone and everyone as it is also a life skill."

Claire Stanmore, Year 11 Student, Sydney

"The learning techniques to help remember things are priceless. This would have been so useful when I was at school!"

Lisa Bousfield, Parent and Company Director, North Curl Curl

"Useful, easy to remember strategies to make study easier for my daughter. I found the course very useful for myself as well. All major aspects were covered including how to read more efficiently and quickly with high retention plus simple and effective memory techniques. I found my daughter responded well to both the material and the stimulating presenter!"

Catherine Manion, Parent, Killara

"Chris provided simple tools and tips that will help improve reading speed and recall, note-taking and memory. These were presented in a fun and interesting format. I look forward to using them to improve my own work performance."

Michael, Parent, Brisbane

Interested? Then call us on 02 9089 8892 or visit <http://www.gloo.com.au/HSS.html>.