

Essential Study Skills For High School Students

1 Day In School Workshop

Learning how to learn is perhaps the single most important skill every high school student should know. Yet many high school students struggle to cope with the large amount of information they are required to read, learn and remember. Fortunately there are a number of fun, simple and powerful study techniques which students can use to learn new information quickly and more easily.

In this fun, fast-paced 1 Day Study Skills course students discover the three key study areas every high school student should know – **Memory Skills, Speed Reading and Effective Note-taking Techniques.**

Workshop 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 memory 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 Workshop

- 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 save time and achieve better grades
- To provide students with an easy-to-follow Action Plan to help them apply and practise their new found skills after the course

What Students Learn

Students learn the following High School Study Skills essential to their academic success...

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

Continued overleaf...

- **Effective 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, focus and comprehension
- 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

- **What is Visual Note-taking** and why is it such a powerful study technique?
- How to use Visual Note-taking to make quick and memorable notes
- How to use Visual Note-taking to plan A+ essays and overcome procrastination
- How to use the GO method to plan and prepare assignments, projects and essays in a fraction of the usual time
- How to use Visual Note-taking to organise and manage all your study notes
- How to get started with Visual Note-taking quickly and easily

"It was miraculous. I could actually remember a lot of things in a few short minutes! I learned a variety of clever memory and reading techniques."

Shagana Paramanandan, Year 11 Student, Melbourne

"This workshop is amazing! You don't know how much I needed this! These techniques are very smart and easy to adapt to."

Jack Avery, Year 7 Student, Sydney

"This was a brilliant workshop in which we learned invaluable skills which will help me throughout school."

Thomas Martin, Year 9 Student, Sydney

"This workshop is fantastic. The skills and techniques I've learned here will help me greatly in studying."

Matthew Nguyen, Year 11 Student, Sydney

"Absolutely perfect! Loved the whole thing. Has to be the easiest way to learn, remember and make study notes more effective."

Michael Cole, Year 9 Student, Sydney

"This course has shown how a few simple techniques can astronomically help with both memory and reading. Learning 25 elements of the periodic table, in order, in less than 10 minutes! I recommend this to everyone!"

Andrew McLean, Year 10 Student, Scots College Sydney

"Exceeded even my own expectations. Gloop's techniques are outstanding with undeniable results."

Jenny Jones, CFO

Victorian Curriculum And Assessment Authority

"Why didn't we learn this in school? These techniques really should be taught to every student in the country!"

David Eastwood, Melbourne Parent & Company Director

Continued overleaf...

Delivery Format

- Fun, fast-paced 1 Day Workshop delivered in school
- Typically run from 0900 to 1530, start time flexible
- Can be delivered to both smaller and larger groups from 20 to 120 students
- Includes free access to the Essential Study Skills 7 Day Online Follow-Up Program to help students practise and apply what they learn at the Workshop

Presenter

- Study Skills course designed and delivered by Australian Memory Record Breaker Chris Lyons. Over the course of the last 4 years Chris has delivered more than 100 presentations, training courses and coaching programs for high school students showing them how to study more effectively and improve their grades.

"The methods to remember things are as easy as anything. Thank you for your tips and this will definitely help me through high school."

Martin Tran, Year 8 Student, Strathfield

"Very interesting, helped me to understand how to increase the productivity of my study. The memory techniques work great and the speed reading will come in handy not only in school but also in the work place. All up a friendly environment and a great teacher. WORTH EVERY MINUTE!!!"

Oscar Lonergan, Year 10 Student, Sydney

"I learned a lot more than I thought I would. I can now speed read and remember many different things."

Matt Reckling, Year 9 Student, Scots College Sydney

"Great course. I learnt great new skills. I would recommend this to everyone."

Bayden Hunt, Year 9 Student, Hunter Valley

"This workshop was incredibly helpful and I feel like I have so much more potential than I knew. It showed me how to use my brain to the best of its ability."

Michelle King, Year 11 Student, Sydney

"I found the workshop extremely beneficial, in that little amount of time my memory doubled in power. The techniques were fantastic and I will definitely use them in the future."

Jack White, Year 10 Student, Melbourne

"Chris's systematic approach shows students why and how specific study techniques deliver the skills required for optimal operation in presentations, assessment tasks and exams. With our new skills we could definitely read and memorise more quickly and effectively. The exercises were fun for the students and everyone improved their performance."

Louella Barnes, Owner/Director

Phonics English Language Tutoring

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How Much?

The following prices are based on delivery in the Metro Sydney area. We are happy to deliver this workshop in other locations around Australia and NZ, travel expenses from Sydney apply at cost.

- **Delivery Fee** 1 Day Essential Study Skills Workshop PLUS access for each student to the 7 Day Online Follow-up Program = **\$2,500 plus GST**

Special Save \$1,000
Delivery Fee = \$1,500 plus GST.
Applies to workshops booked and paid for by
30 June 2017 for delivery between now
and 31 December 2017.

- **(Optional) Materials Fee** Study Skills Binder and Handouts = **\$6 plus GST per student**

Also available as a shorter half day option, simply call us on 02 9089 8892 for details.

Memorable Training, Fantastic Feedback From Students

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 Courses.

"Wicked! I think everyone should do this. I learnt heaps."

David Champ, Year 7 Student, Sydney

"Helpful in increasing all aspects of study, reading and memory. Thank you."

Alyssa Marshall, Year 12 Student, Sydney

"It is fun and interesting and it will keep you hooked the whole time."

Subash, Year 8 Student, Balmain

"Without this workshop I would never be able to remember so much!"

Jessica Samuel, Year 10 Student, Sydney

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

Jarred Deluca, Year 11 Student, Kellyville

"Great day that will help my future studies. Genius techniques!!"

Caley Yarnold, Year 10 Student, Sydney

"Really informative and helpful workshop. Will definitely use what I've learnt throughout life, even after high school. Thanks so much."

Alex Barker, Year 12 Student, Ravenswood

"Really comprehensive and thorough, though not boring at any point. Well worth it!"

Sammi Grayling, Year 11 Student, Melbourne

"This seminar was very well presented with very useful tips. Many new skills were shown which will go to very good use for me and my studies in the future. Thanks."

Hanae Ralph, Year 11 Student, Randwick

"While doing my VCE this course is going to be incredibly helpful. I can plan better, complete tasks quicker and read much faster."

Joanna Taylor, Year 11 Student, Melbourne