

# Essential Study Skills For University Students

## 1 Day Public Study Skills Workshop

**If you're at college or university, or you're starting shortly, then our essential university study skills course** will show you how to read faster, remember more and achieve your best possible results. Which will make your college or university experience more enjoyable and less stressful! Designed and delivered personally by Australian Memory Record Breaker, Chris Lyons, this 1 day course will give you the knowledge, skills and confidence to study much more efficiently and effectively.

Focused on three key areas - **memory skills, speed reading and effective note-taking techniques** - you'll learn how to absorb new information quickly and easily using simple yet powerful study techniques most university students are never ever shown. What's more, Gloop study skills workshops are fun, fast and effective!

**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 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 Workshop

- To give you a rapid and practical introduction to memory, speed reading and effective note-taking techniques
- To show you how to apply these techniques to your day-to-day studies to save time and achieve better grades
- To provide you with an easy-to-follow action plan to help you apply and practise your new study skills after the course

### What You'll Learn

- **Memory techniques** - how much of your true potential are you using?
- The real reason we forget things and why this is good news
- The 3 essential keys to remembering what you need to at university
- 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

"It's amazing how much faster you read after a few exercises. You can almost immediately tell the difference. I'm not someone who can normally remember lots of things but with the activities and techniques I now can."

**Ime, University Student, Auckland**

"Excellent program! Simple, to the point, memorable. University Study Skills has opened me to new and exciting, practical techniques with which to achieve effective study. Busting the myths and bad habits, a must do for any student. Highly recommended."

**Margaret Gale, Liberal Arts Student, Campion College Sydney**

### Delivery Format

- 1 day study skills course starting at 0930 and finishing by 1600
- Exclusive, interactive small group training
- Limited to just 5 people to maximise personal attention and learning

### Presenter

- Workshop delivered by Australian Memory Record Breaker Chris Lyons. Over the last 10 years Chris has shown thousands of people how to improve their reading, memory and study skills through a unique range of public courses and private coaching programs.

### Where And When?

- **Sydney** - 0930 to 1600 on **Thursday 26 July 2018**  
at Gloop, 39 Llewellyn Street, Balmain NSW 2041

***\*Special\* Book your place for just \$295, save \$200 for a limited time  
Workshop Booking Form On Next Page***

# Essential University Study Skills Public Course - Booking Form

## 1. WORKSHOP DETAILS - Please select:

**SYDNEY 26 July 2018**

<b>Price *Special*</b>
<b>1 Place = \$295</b>
<b>2 Places = \$531</b>
<b>Save an extra 10%</b>

## 2. ATTENDEE DETAILS

Attendee 1: _____	Contact Number: _____
Studying At: _____	Year: _____
Email Address: _____	
Attendee 2: _____	Contact Number: _____
Studying At: _____	Year: _____
Email Address: _____	

## 3. YOUR DETAILS - Please complete if not attending and booking on behalf of someone else:

Your Name: _____	Contact Number: _____
Email Address: _____	
How Did You Hear About This Workshop?: _____	

## 4. PAYMENT DETAILS

For your convenience please use our <b>PayID: payments@gloo.com.au</b> or our account details are:	
<b>Bank: NAB</b>	<b>BSB: 082125</b>
<b>Account Number: 731131645</b>	
<b>Account Name: Christopher Lyons t/a Gloo Memory, Speed Reading And Study Skills Courses</b>	
<b>So that we can confirm your booking and receipt of your payment please complete:</b>	
Amount Paid: \$ _____	Date Paid: _____
Paid From Account Name: _____	
Once your payment has been received we will email you your official Booking Confirmation including a receipted Tax Invoice for your payment plus further details about the workshop venue and timings.	
<b>*PLEASE EMAIL</b> your completed Booking Form to <a href="mailto:bookings@gloo.com.au">bookings@gloo.com.au</a> .*	
A small number of conditions apply to your workshop booking, to read these please visit <a href="http://www.gloo.com.au/study-skills/university-study-skills-course-conditions.html">http://www.gloo.com.au/study-skills/university-study-skills-course-conditions.html</a>	