

# Essential Study Skills For High School Students

## 1 Day Study Skills Course

If you are looking for ways to help your son or daughter with their studies then our **Essential Study Skills Course** 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 Gloo, Chris Lyons, this fun, fast-paced 1 Day Study Skills Course gives students of all ages simple, practical techniques to overcome procrastination and approach their studies in a more organised and efficient way, helping them achieve better marks 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 Gloo Study Skills Courses are relaxed, friendly and fun!

**Workshop designed and delivered by Australian Memory  
Record Breaker Chris Lyons who 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. Chris also 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 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 course

### 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

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- **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 and projects 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

### Delivery Format

- **Exclusive Small Group 1 Day Study Skills Course** starts at 9am finishes at 3.30pm
- Designed for students of all ages from year 7 through to year 12
- Limited to just 12 students to maximise personal attention and learning
- Broken up into short sessions each of 40 to 50 minutes
- Frequent breaks so students remain attentive and focused
- Students can take part in one of our Sydney, Melbourne, Brisbane or Lismore courses
- Or join us from anywhere in Australia at one of our live online Zoom courses

### Presenter

**Delivered by Australian Memory Record Breaker Chris Lyons.** Over the last 21 years Chris has delivered hundreds of Public and Private Workshops for individuals, groups and schools showing high school students how to study more effectively and achieve better grades.

### Easter School Holidays 2024

- **Sydney - 9am to 3.30pm on Sunday 28 April 2024**  
At Hannaford Community Centre, 608 Darling Street, Rozelle

### Term 2 2024

- **Zoom - 9am to 3.30pm on Sunday 19 May 2024**
- **Sydney - 9am to 3.30pm on Saturday 1 June 2024**  
At Hannaford Community Centre, 608 Darling Street, Rozelle

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## Winter School Holidays 2024

- **Brisbane - 9am to 3.30pm on Tuesday 2 July 2024**  
At Airport International Motel Brisbane, 528 Kingsford-Smith Drive, Hamilton
- **Zoom - 9am to 3.30pm on Wednesday 10 July 2024**
- **Melbourne - 9am to 3.30pm on Sunday 14 July 2024**  
At Metropole Hotel, 44 Brunswick Street, Fitzroy
- **Lismore - 9am to 3.30pm on Wednesday 17 July 2024**  
At Gloo, 54 Terania Street, North Lismore
- **Sydney - 9am to 3.30pm on Saturday 20 July 2024**  
At Hannaford Community Centre, 608 Darling Street, Rozelle

## How Much?

- **1 Day Small Group Study Skills Course** plus access to the 7 Day Online Follow-up Program = **\$395 including GST.**
- **Special = \$295 including GST, a saving of \$100.** Book 2 or more places at the same course and receive a further 10% discount off the total cost

"An unusually useful and exhilarating experience that'll leave you with the knowledge to turn C's into A's with little extra effort."

**Andrew Verela, Year 11 Student, Iona College Brisbane**

"Wow! This workshop has been mind-blowing, life-changing, incredible! It taught me countless techniques that will assist me every day. I absolutely LOVED IT!"

**Elle Solferini, Year 9 Student, Loreto Kirribilli**

"Incredibly beneficial! For the first time coming out of a learning activity I don't feel brain dead or overwhelmed, I feel powerful and ready to tackle year 12."

**Lauren Steyger, Year 11 Student, Victoria**

"This course was extraordinary! I learned so many helpful study, reading and memory techniques. I recommend this course to anyone in high school."

**Julia Aruci, Year 8 Student, Melbourne Girls Grammar**

"I learned more in a day than I would in a year at school."

**Tristan Launder, Year 10 Student, Wanniasa High School**

"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**

***\*Limited Places, Don't Miss Out.  
Workshop Booking Form On Next Page\****

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# Gloo Essential Study Skills Workshop Booking Form

## 1. WORKSHOP DETAILS - Please select:

SYDNEY 28 April 2024

SYDNEY 20 July 2024

ZOOM 19 May 2024

SYDNEY 1 June 2024

BRISBANE 2 July 2024

ZOOM 10 July 2024

MELBOURNE 14 July 2024

LISMORE 17 July 2024

Price Inc. GST

1 Place = \$295

2 Places = \$531

Save 10%

## 2. STUDENT DETAILS

Name: \_\_\_\_\_ Email Address: \_\_\_\_\_

School: \_\_\_\_\_ Year: \_\_\_\_\_

Name: \_\_\_\_\_ Email Address: \_\_\_\_\_

School: \_\_\_\_\_ Year: \_\_\_\_\_

## 3. YOUR DETAILS

Name: \_\_\_\_\_ Email Address: \_\_\_\_\_

Postal Address: \_\_\_\_\_ Telephone: \_\_\_\_\_

How Did You Hear About This Workshop?: \_\_\_\_\_

## 4. PAYMENT DETAILS

For your convenience please use our **PayID: payments@gloo.com.au** or our account details are:

**Bank: NAB**

**BSB: 082125**

**Account Number: 731131645**

**Account Name:** Christopher Lyons t/a Gloo Memory, Speed Reading And Study Skills Courses

**So that we can confirm your booking and receipt of your payment please complete:**

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.

**\*PLEASE EMAIL** your completed Booking Form to [bookings@gloo.com.au](mailto:bookings@gloo.com.au).  
A small number of conditions apply to your workshop booking, to read these please visit  
<https://gloo.com.au/study-skills/study-skills-course-conditions.html>