

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 1 To 1 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** - 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 1 To 1 Programs are relaxed, friendly and fun!

Program 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 these techniques can be on radio stations all around Australia. Chris also won the Australian Memory Championships Names competition by memorising 46 people's name 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

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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, 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 Program?

The Essential Study Skills 1 To 1 Program is delivered by Australian Memory Record Breaker Chris Lyons. Over the last 21 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 Gloo Essential Study Skills Online 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:

- **OPTION A: 1 Day Program.** Delivered in one day, usually from 9am to 3.30pm. 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 two 3.5 hour sessions, one each week over a two week period.

With both options, the program is broken up into 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.

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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. Do Students Receive Any Support Materials?

Yes. 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. For Online Programs, students receive an easy-to-print PDF, in advance, containing all of the handouts used as part of the session.

5. When Do The Sessions Take Place?

Available all year round and at a time to suit you, this Online Study Skills Program can be taken on weekdays, Saturdays and selected Sundays. Sessions take place during the daytime and are also available on selected weekday evenings.

6. Where Do The Sessions Take Place?

Face-to-face sessions take place in Rozelle in Sydney's Inner West or at Gloop in North Lismore. Alternatively, programs can also be delivered at your home or place of work within the Sydney metropolitan and Lismore areas at no extra charge, if done in one session. Not in Sydney/Lismore or prefer not to travel? The Program can also be done from the comfort and convenience of your home using Zoom.

7. How Do The Online Sessions Work?

For Gloop Online Programs we use Zoom which runs in any web browser and on any device. The week prior to your program we will send you a Zoom link to access your Online Program, together with the program handouts in one easy-to-print PDF document. We've been running Online Programs for adults and students for many years and they are a great alternative to face-to-face courses.

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8. I'm A Parent And Would Like To Sit In On The 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!

9. How Much Does The 1 To 1 Program Cost?

The 1 To 1 Essential Study Skills Program 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 for details.

Another option is to consider attending one of our small group study skills courses. For more details please visit <https://gloo.com.au/high-school-study-skills.html>.

Interested?

Simply visit...

<https://gloo.link/1-to-1-high-school-study-skills-program>

...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

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

Yes, this 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 program for 2 students together the total cost is \$795 + \$200 = \$995 or just over \$450 each - a saving of almost \$300 per student.

11. We'd Prefer To Attend A Group Course. When Are The Next Ones?

We regularly run this program as a small group public course open to all in Sydney, Melbourne, Brisbane and Lismore, a cheaper option to a private program. For upcoming dates and to find out more call 02 7229 4920 or visit <https://gloo.com.au/high-school-study-skills.html>.

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Student Feedback

Since we started 21 years ago we've never had a single customer complaint or refund request. Not one. Just fantastic feedback from students who've taken part in 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 Gloop 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? For full details visit <https://gloo.link/1-to-1-high-school-study-skills-program>.