

# Essential Study Skills For University Students

## 1 To 1 Private Study Skills Program

**If you're at college or university, or you're starting shortly, then our Essential Study Skills 1 To 1 Program** 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 one to one program 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** - 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, Gloo 1 To 1 Programs are fun, fast and effective!

**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 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 program

### 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

### Who Will Coach Me?

**All sessions are delivered in person by Chris Lyons** who doubled the Australian Memory Record by reciting Pi to 4,400 places without error and won the Australian Memory Championships Names competition by correctly memorising 46 people's names in just 5 minutes.

Chris has appeared on The Today Show, A Current Affair, Today Tonight and has demonstrated how effective memory and learning techniques can be on radio stations all around Australia including 2UE, 2GB, 3AW and the ABC.

### Frequently Asked Questions

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

#### 1. How Long Does The 1 To 1 Study Skills 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 9.30am to 4pm. Perfect if you want to cover all the material in the shortest possible time and in 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, which progressively build on each other through the course of the training.

*Continued overleaf...*

The material is delivered in a fun, relaxed and humorous fashion to ensure maximum engagement and retention. Regular short breaks are also 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.

## **2. 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 and selected Sundays. Sessions take place during the daytime and are also available on selected weekday evenings.

## **3. Where Do The 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. Alternatively, 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? This Program can also be done from the comfort and convenience of your home via Zoom.

## **4. How Do The Online Sessions Work?**

For Gloo Online Programs we use Zoom a web-based platform which runs in any web browser and on any device, which means you simply need a computer or tablet with a webcam and microphone and a broadband internet connection in order to take part. It is also possible to attend using a smart phone. We've been running Online Programs for adults and students for many years and they are a great alternative to face-to-face courses. The week prior to your program we will send you a Zoom session link, together with the program handouts in one easy-to-print PDF document.

## **5. How Much Does The 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 taking the program with a friend, family member or colleague. See the next question for details.

## **6. Is It Possible To Take This Program With Somebody Else?**

Yes, this program can be taken with up to additional people at the same time. Ideal if you have friends who would also benefit from the program. The cost for each additional person is \$200 including GST. So for a 1 day program with a friend the total cost is \$795 + \$200 = \$995 or just over \$450 each - a saving of almost \$300 per student.

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

We regularly run this program as an small group public course open to all, a cheaper option to a private program. For upcoming dates and to find out more call 02 9089 8892 or visit <https://gloo.com.au/high-school-study-skills.html>.

## **8. I'm Looking For Something Slightly Different**

Customised coaching programs are also available. Please contact us on 02 9089 8892 for details. Customised programs may cost slightly more to cover additional design and preparation time.

*Continued overleaf...*

## Interested?

Simply visit...

<https://gloo.link/1-to-1-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 you and to discuss your preferred dates and times. Or if you prefer, you can contact us directly on **02 9089 8892**.

### Attendee Feedback

Gloo training is fun, fast and effective. Here are just a few comments from other university students who have already benefitted from our training and techniques.

"Excellent overview of mind and memory skills that will last a lifetime. Chris is an excellent teacher and facilitator, full of passion, energy and knowledge. Mind and memory skills are definitely a much needed tool in the business and academic arena. Kudos!"

**Andrew Yeoh, MBA Student, Melbourne Business School**

"Should be mandatory prior to any course requiring learning. Chris is a brilliant presenter and does a great job imparting the material. HIGHLY RECOMMENDED."

**Arun Kannan, Doctor, Greenslopes Hospital Brisbane**

"Very, very helpful. Spending the day with Chris really taught me some great study skills which I am now able to apply to my studies and benefit from feeling less overwhelmed. Great course."

**Jim, IT Professional, Canberra**

"A great program filled with really useful techniques to improve memory and reading ability. This program will definitely help me study for exams."

**Nathan Hui, Student, QUT Brisbane**

"This program was very useful and applies to everything you do for studies, work and even personal achievement. I highly recommend this program."

**Alex Huynh, Law Student/Paralegal, Perth**

"Simple and effective tools to use immediately. Very enjoyable, fun and interactive."

**Adnan Mohamed, MBA Student, Sydney**

"Today has given me tools I can use for studying a science degree after many years away from study. Chris is very entertaining."

**Angie Byrne, Health Science Student, Brisbane**

"Very useful. Covered many areas that will make studying more efficient as well as significantly increase recall and retention of knowledge."

**Michael Vasimalla, Medical Student, Adelaide**

"You will benefit 100% from this course. Best instructor ever."

**Alaia, Student, University Of Queensland**

**Interested?** Please visit <https://gloo.link/1-to-1-study-skills-program>.