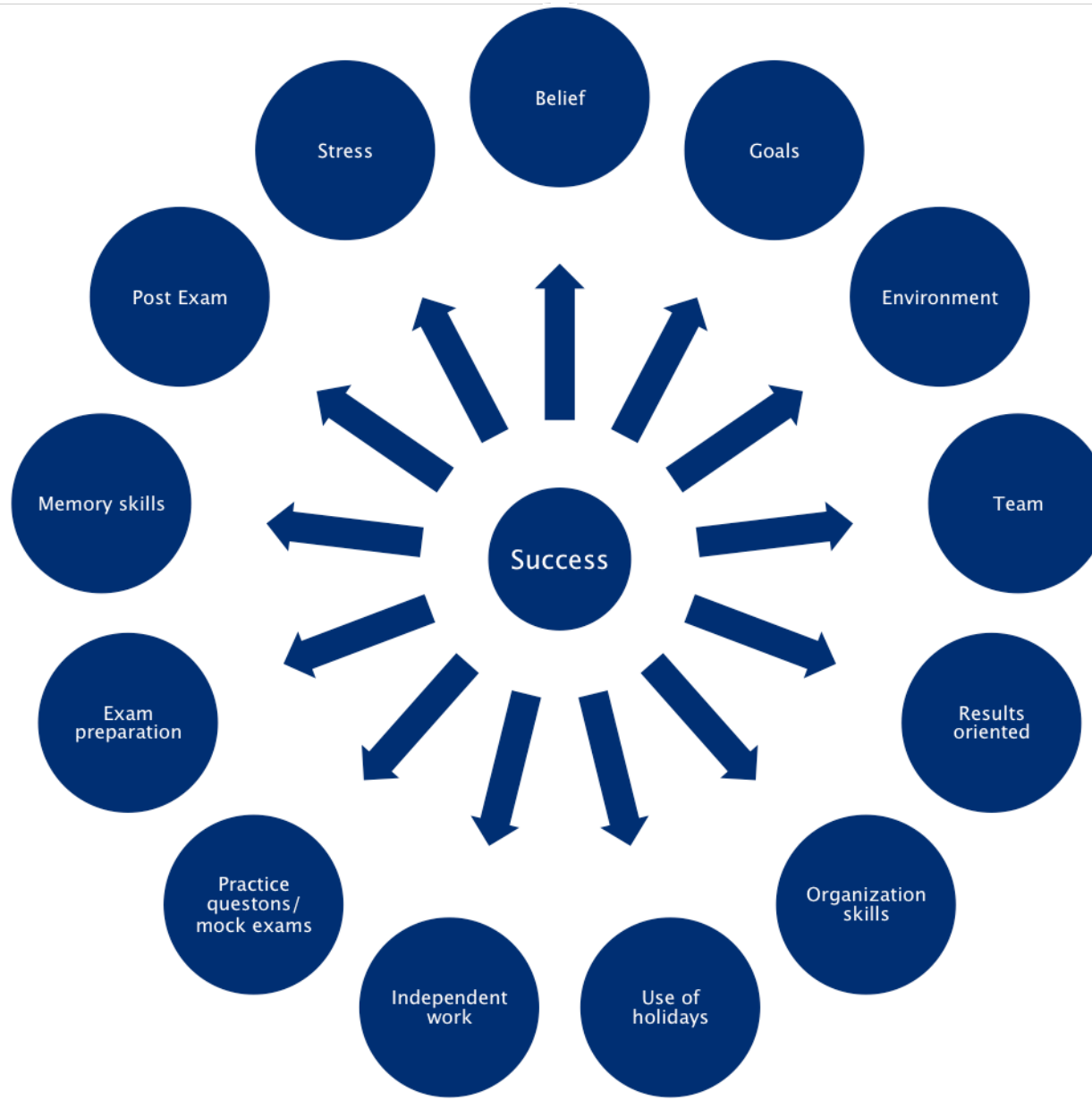


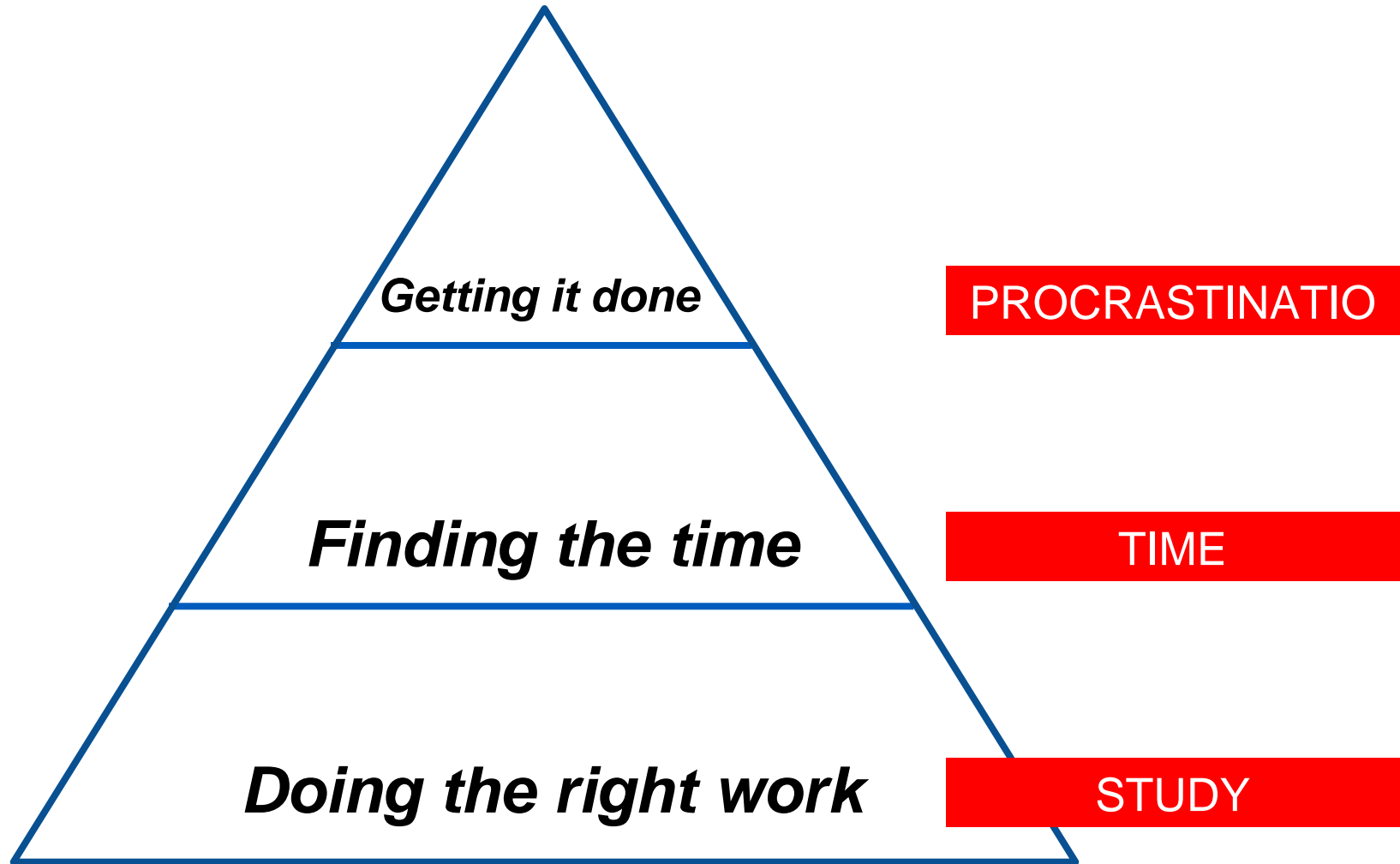
Parent Seminar



13 KEY STUDY SKILLS



3 FACTORS OF SUCCESS



PART 1: DOING THE RIGHT WORK

- **95% of students just do homework or prep**
- **Other 5% do 3 types of work...**

What type of work?

- Take notes

1. Taking Notes



What type of work?

- Take notes
- Practice papers

2. Practice

Quizlet
.com

memorize
.com

What type of work?

- Take notes
- Practice papers
- Extra reading

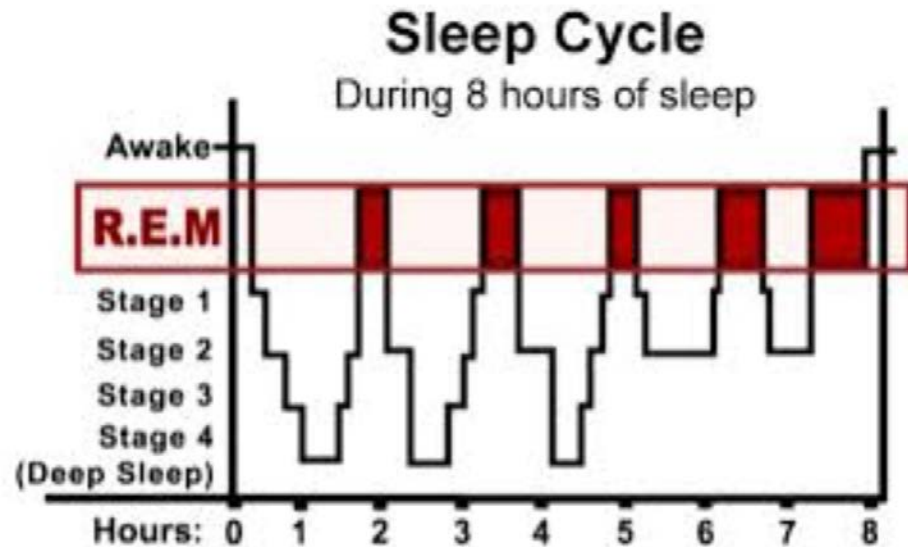
PART 2: FINDING THE TIME TO DO THE WORK

Time Management

- Weekly plan
- Holidays
- Sleep

SLEEP

- 8.5 hours sleep
- Avoid technology before bed
- Download F.lux




PART 3: GETTING THE WORK DONE

1. Distractions

1. Social Media



1. Music



SelfControl

A free Mac application to help you avoid distracting websites.

[View code on GitHub](#) [Download SelfControl](#)



Cold Turkey

Cold Turkey

1. Block What? *admitting it is the first step*

Popular Sites	Custom Sites	
<input checked="" type="checkbox"/> Facebook	<input checked="" type="checkbox"/> Hotmail / MSN	<input checked="" type="checkbox"/> FailBlog
<input checked="" type="checkbox"/> Twitter	<input checked="" type="checkbox"/> AddictingGames	<input checked="" type="checkbox"/> Reddit
<input checked="" type="checkbox"/> MySpace	<input checked="" type="checkbox"/> CollegeHumor	<input checked="" type="checkbox"/> StumbleUpon
<input checked="" type="checkbox"/> Youtube	<input checked="" type="checkbox"/> Ebay	<input type="checkbox"/> Wikipedia

BEATING PROCRASTINATION

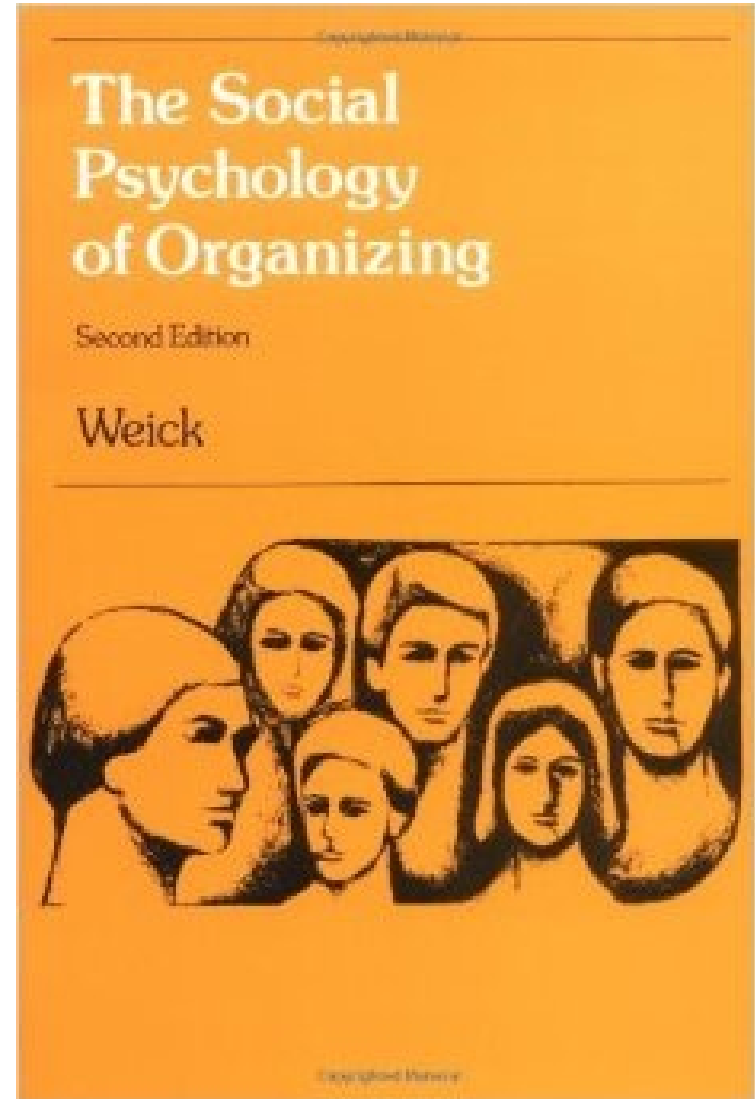
I don't like it

Too much work

No motivation

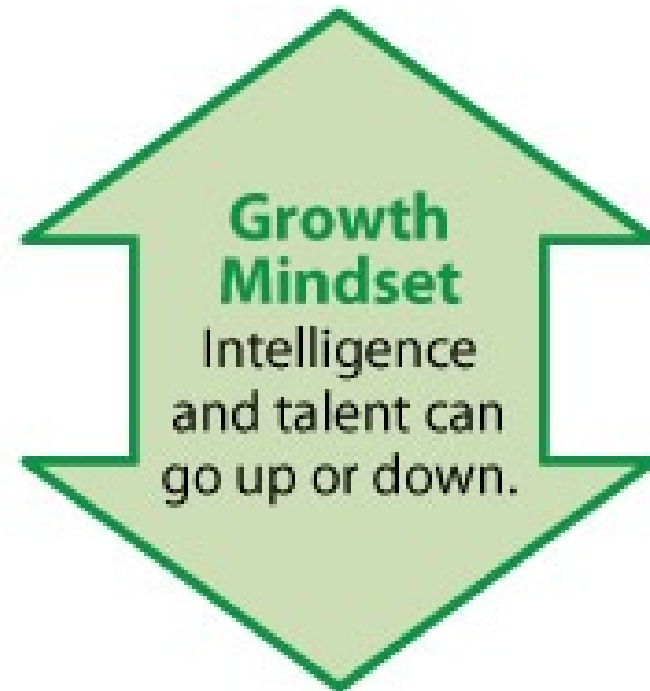
IMPORTANCE OF GOAL SETTING

- Karl Weick – ‘Small wins’
- **Be micro-ambitious**



IMPORTANCE OF GOAL SETTING

- Carol Dweck – ‘Growth Mindset’
- Focuses efforts and generates motivation
- Requires personal attachment



QUESTIONS?

Specific Note Making Techniques

Sleep

Motivation & Goal Setting

Study Environments/Facebook/TV/Music

Time Management

Getting non-required work done

Study Groups

Memory Techniques

Handling the exam room

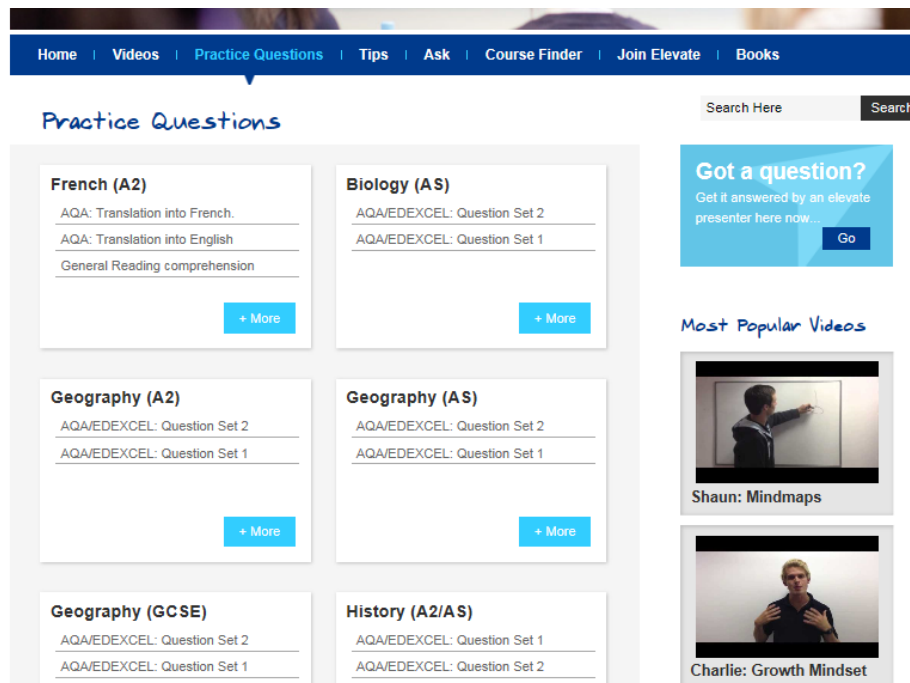
WHERE TO FROM HERE?

- **Seminar workbooks**
- **Teacher Implementation Kit + Student Activity Kit**
- **Twitter @elevateed**
- **Student/Teacher/Parent Website**
 - ★ www.elevateeducation.com

ELEVATE EDUCATION WEBSITE

www.elevateeducation.com

- *The Science of Student Success*
- Free practice questions across 12+ subjects
- Ask a question
- Videos from past top students



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Practice Questions

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French (A2)
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AQA: Translation into English
General Reading comprehension
[+ More](#)

Biology (AS)
AQA/EDEXCEL: Question Set 2
AQA/EDEXCEL: Question Set 1
[+ More](#)

Geography (A2)
AQA/EDEXCEL: Question Set 2
AQA/EDEXCEL: Question Set 1
[+ More](#)

Geography (AS)
AQA/EDEXCEL: Question Set 2
AQA/EDEXCEL: Question Set 1
[+ More](#)

Geography (GCSE)
AQA/EDEXCEL: Question Set 2
AQA/EDEXCEL: Question Set 1

History (A2/AS)
AQA/EDEXCEL: Question Set 1
AQA/EDEXCEL: Question Set 2

Got a question?
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Shaun: Mindmaps

Charlie: Growth Mindset

UN = *elevate*
PW = *pacco*