Year 8 & 9 Study Skills Evening
"How To Do Well In School Without Studying’ is over there in the fiction section."
Barriers to effective studying

Hayley Anthony
Middle School Counsellor
Psychologist
The adolescent brain

In many ways, adolescents are fully grown.

Some brain areas continue to grow into adolescence – prefrontal cortex won’t be fully developed until around 25 years of age.

Planning, inhibiting impulses, problem-solving, regulating attention and emotion.

Routine is essential to academic success in adolescents. Less reliance on prefrontal cortex.
Common barriers to effective studying

- Not getting the basics right
- Stress
- Multi-tasking – particularly using technology
- Procrastination
- Fixed mindset
Getting the basics right

Readiness to learn
Belonging

Security and safety

Nutrition, exercise, sleep, water
QUIZ

What is the percentage of adolescents not getting enough sleep?

Raising children.net.au
Strategies for managing stress

Balance
Routine
Schedule study time
Multiple breaks
Help identify stressful self talk
  – Personal ---- me
  – Permanent ---- always
  – Pervasive ------ everything
The myth of multitasking..
Multi-tasking is really task switching

- Average of **64 seconds** to recover train of thought after checking **email** Check every 5 mins = waste **8.5 hours** per week
- Complex tasks take up to 4 times longer
- Disorganised memory
- Increased fatigue and stress levels
- **Distraction** by phone calls, email and SMS = Impact on learning greater than **marijuana smoking**
The alternative to multi-tasking?

Mindful attention on one thing at a time – engagement in the present
Common sources of distraction

Technology
  – 70% of students waste time online (30% are lying) - Davies, 2012
- Texting and alerts
- Inappropriate work space e.g. In front of TV
- Inefficient scheduling of study
- Procrastination
QUIZ

What is the average number of texts sent by adolescents each day?
The procrastination trap

I HAVE SO MUCH HOMEWORK

BETTER WATCH SOME YOUTUBE
Procrastination is ..........

Not new

Chronic for 20%, regular for 50-80%

Procrastinators are made, not born. It is an earned habit.

Related to self-regulation

A gap between intention and action
Different types of procrastinating

<table>
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<tr>
<th>Reason</th>
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<tr>
<td>It’s too hard</td>
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<td>It’s too boring</td>
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<tr>
<td>I don’t know where to start</td>
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<td>I can’t finish it all at once</td>
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<td>I work better under pressure</td>
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<td>It won’t be very good</td>
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They all end in ....... later
Different strategies

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<th>Strategy</th>
<th>Technique</th>
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<tr>
<td>Start early</td>
<td>Break tasks down</td>
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<tr>
<td>Plan homework schedule</td>
<td>Worst first</td>
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<td>Focus on one task at a time</td>
<td>Easy first</td>
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<td>Prioritise</td>
<td>“Fake” deadlines</td>
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<td>Self-rewards</td>
<td>Accept discomfort</td>
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<tr>
<td>Daily goals</td>
<td>Be curious with what works and doesn’t work</td>
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<tr>
<td>Remove distractions</td>
<td>Change environment</td>
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<tr>
<td>Plan each session</td>
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Parenting strategies for developing a growth mindset

1. Have daily learning discussions
2. Give feedback on process
3. The power of ‘yet’
4. Encourage risk, failing, and learning from mistakes
5. Encourage and model positive self-talk
"Around here, however, we don't look backwards for very long. We keep moving forward, opening up new doors and doing new things, because we're curious... and curiosity keeps leading us down new paths - Walt Disney

A life lesson from the Disney film: Meet the Robinsons
DO YOU HAVE ANYTHING NEW BY SHAKESPEARE?
How to study English

Elise Wackett
Feedback

Reflecting on feedback
Setting goals to improve
Actively using feedback to grow
Taking responsibility for your own growth
Reading Texts
Active Reading
A Note on the Text

The text of this edition of *Of Mice and Men* is based on the Compass Books edition issued in 1963 by The Viking Press, Inc.

Of Mice and Men

A few miles south of Soledad, the Salinas River drops in close to the hillside bank and runs deep and green. The water is warm too, for it has slipped twinkling over the yellow sands in the sunlight before reaching the narrow pool. On one side of the river the golden foothill slopes curve up to the strong and rocky Gabilan mountains, but on the valley side the water is lined with trees—willows fresh and green with every spring, carrying in their lower leaf junctures the debris of the winter's flooding; and sycamores with mottled, white, recumbent limbs and branches that arch over the pool. On the sandy bank under the trees the grass is so crisp that a lizard makes a very noiseless run among them. Rabbits consist on the sand in the evening are covered with the night, with the spread pads of dogs.
Of Mice and Men

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Resources from the school

Use the STL Link English page
Student access and parent access
Welcome to STL Link - a portal for students, parents and staff

STL Link is the gateway to information and resources relating to College life. There are several menu tabs across the top of the page:

**Learning:** Dynamic information uploaded by teaching staff with course information, resources and other learning material.

**Cocurriculum:** A myriad of opportunities to become involved in activities outside the classroom. Everything from Community Sport to Outdoor Education extension activities can be found here.

**Information:** Useful resources and links to information such as News of the Day, St Leonard’s News, Canteen Specials, Parent Coffee Mornings and Important Announcements are accessible to the St Leonard’s community.

**College Data:** Access to user specific information like student timetables. Parents can see additional information such as student absences, direct teacher contacts and a way to keep personal details current. Students will also see their classes and email access below.

STL Link is a work in progress and additional features will be added in the coming months.
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<th>ICT Tips</th>
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<td>Product Design and Technology</td>
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Year 9 English 2015

Curriculum Overview 2015

Term One: Literature study: Of Mice and Men Steinbeck. This is assessed by means of an oral presentation and a text essay.

Grammatical and spelling skills are covered through English Skills Builder Book 2.

Work on essay writing techniques is undertaken.

Term Two: The semester 1 exams commence April 27 and will include a text response to Of Mice and Men and another extended piece of writing (either persuasive or narrative).

Grammatical and spelling skills are covered through English Skills Builder Book 2.

Work on essay writing techniques, in particular persuasive and narrative writing, is undertaken.

Literature study: A Midsummer Night’s Dream (Shakespeare).

Term Three: Oral work: students each give a class talk as part of the Dr Norman Fary Public Speaking Competition.

Year 9 Semester 2 Exams commence August 31. The exam will include a text response to A Midsummer Night’s Dream and another extended piece of writing (either persuasive or narrative).

Literature study: A Midsummer Night’s Dream (Shakespeare). Assessment is by text response essay.

Grammatical and spelling skills are covered through English Skills Builder Book 2.

Work on essay writing techniques is undertaken.

Term Four: Theme study: Our Faces, Our Places…a celebration of Australia.

Grammatical and spelling skills are covered through English Skills Builder Book 2.
What can parents do to help?

- "Maybe if you--"
- "Mom, please!"
- "You don't want my help?"
- "Your job is not to solve my problems!"
- "Your job is to listen to me complain, agree with everything I say, and then solve my problems."
- "Sorry. I got ahead of myself."
What can parents do to help?

Reinforce positive messages about English at home.
Read the English texts.
Then you will be able to engage in active discussion about texts.
Ask questions about the texts to get your children thinking about the texts.
A useful question: WHAT MAKES YOU SAY THAT? Then, your child will have to think a little harder... because a deeper response is required.
Offer to proofread essays.
Listen to orals.
Help your child improve their vocabulary... highlight simple words in essays and encourage your child to think of other, more precise words that might be appropriate.
What texts should I know about?

YEAR 8

Billy Elliot (film)
The Boy in the Striped Pyjamas
The Ghost’s Child

YEAR 9

Of Mice and Men
A Midsummer Night’s Dream
This end is the cursor, and this end is the delete key.
Using Technology effectively for study

George Katris
eLearning Coordinator
Organisation
Increased efficiency
Calendars

http://learn.stleonards.vic.edu.au/calendar/
Notes
http://stleonards.app4.ws/
Turning notifications off
Files and Folders

- Consistent naming.
- Start with the year and month.
- A folder for each subject with sub-folders.
Google Drive, iCloud, OneDrive or Dropbox
Podcasts and YouTube
Flashcards

St Leonard's College

An education for life.
STL Link

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Forming good habits
Preparing for Tests and Exams

Emma Hall
Learning Support Coordinator
The use it or lose it principle of learning
1 Set Your Goals
2 Learn how to study
3 Prepare for Examinations and tests
4 Know Yourself
Starting Point – Set Goals

The idea of a Goal should include:

1. A target to aim for
2. A future realistic outcome
3. An outcome that can be measured
4. Effort in preparation or strategies to achieve the stated outcomes
Learn How to Study

What is study?

Study can be very puzzling. It is often assumed that all students know how to study. Study is, however, a set of skills and strategies that are acquired over time, and they improve with practice and experience so that we become more confident and more effective learners.
Prepare for Tests and Examinations

• Too often test preparation is confused with CRAMMING and catching up on work that was not actually done. Students often think that a list of exam tips/pointers, some long hours spent cramming information and a lack of sleep are a substitute for thorough preparation.

• The keys to achieving the best results in tests are OPS:
  • Organisation
  • Preparation and Practice
  • Study Skills
Know Yourself

- It is important to know yourself – physically, mentally, emotionally, socially and academically.
- Know your learning style – VAK
  - Visual learning
  - Auditory Learning
  - Kinesthetic learning
- Know your dispositions or ‘Habits of Mind’.