



Name: _____

Success Integrated

presents

Study Skills for Success - Part 1

“To achieve great things in life is a choice.
It’s never whether you can, it’s always whether you will.”

- Darren Pereira



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www.successintegrated.com



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B.E.S.T.

B

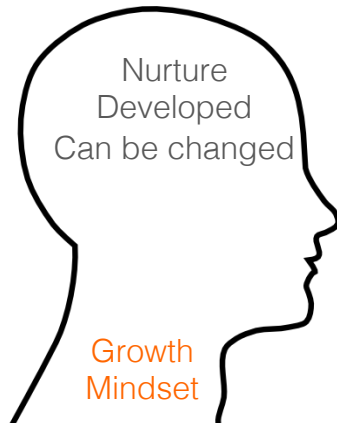
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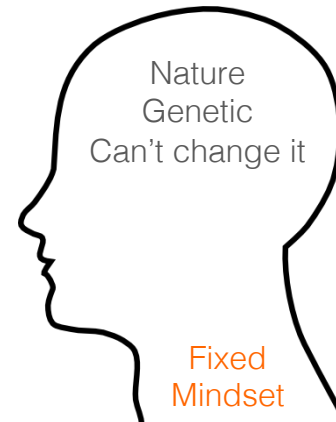
T

mindsets

Intelligence can be



Intelligence is



Neuroplasticity

The brain's ability to itself by forming new neural
by adjusting in response to new situations or to changes in environment.

My is like a

Struggle is

www.idrlabs.com/growth-mindset-fixed-mindset/test.php

distractions

Obstacles	Solutions
Mobile / texting	Call / text after homework completed

Ask yourself these questions:

Who am I around? What are they doing to me? What have they got me reading? What have they got me saying? Where do they have me going? What do they have me thinking? What do they have me becoming?

Then ask yourself the big question: **IS THIS OKAY?**

1	61			42		74		14
				13	70			22
	41		81			18		46
	9			45		86		
17			21					
	89			49	34	2		30
37		5		69		38		50
		85	29		78			
	25		65		6	90		10
		33			82			
53			57					
	73			77	54	26		58
					66			62
15		79		39				76
	31			71	32			16
		3			8	40		
47	83			55	80		24	
						52		56
	7		27					
				67	72	4		
				11	12			28
51		75			36			88
		19	43				20	
	87	23						
35		59		63	68	44		48
							64	
					60			84



1	61			42		74		14
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37		5		69		38		50
		85	29		78			
	25		65		6	90		10
		33			82			
53			57		54	26		58
	73			77		66		62
15		79		39				76
	31			71	32			16
			3		8	40		
47	83			55	80		24	
						52		56
	7		27					
				67	72		4	
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51		75		11				
					36		88	
		19	43				20	
	87	23						
					44			48
35		59		63	68		64	
					60			84



systems

S

Y

S

T

E

M

studyplan

1. Environment

- location?
- atmosphere?

2. Timing

- when?
- length?

3. Incentives

- rewards?
- punishments?



4. Study breaks

- what?
- when?
- length?

5. Leisure activities

- what?
- when?
- length?

6. Extra-curricular activities

- what?
- when?
- length?

studyplan

7. Meal times

eat dinner around ____ pm

8. Bed times

____ hours per night to operate at optimal levels

9. Hydration & Alkalisation

- Drink a minimum of ____ to ____ glasses of purified water per day

Eat more water-rich foods that _____ your body

- Fresh fruits and veggies (especially _____)



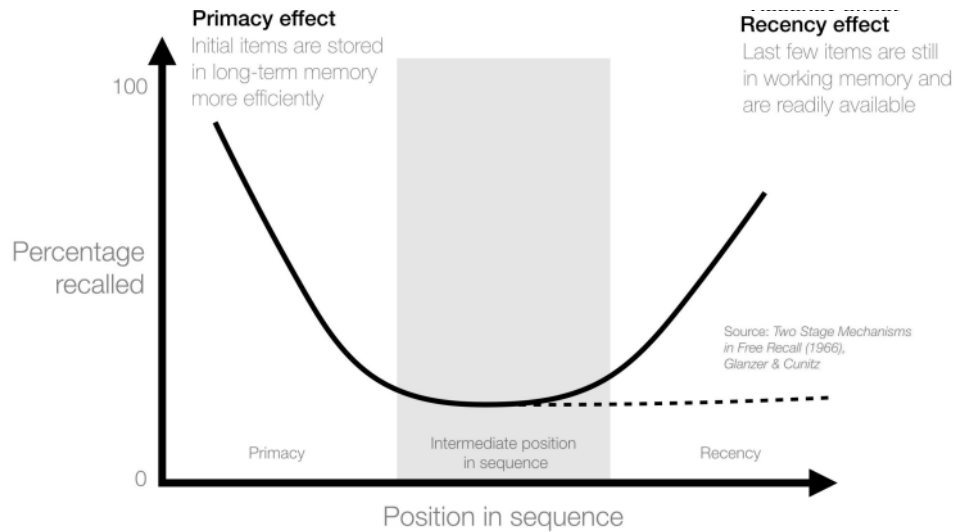
studychunks

Study in chunks

..... study

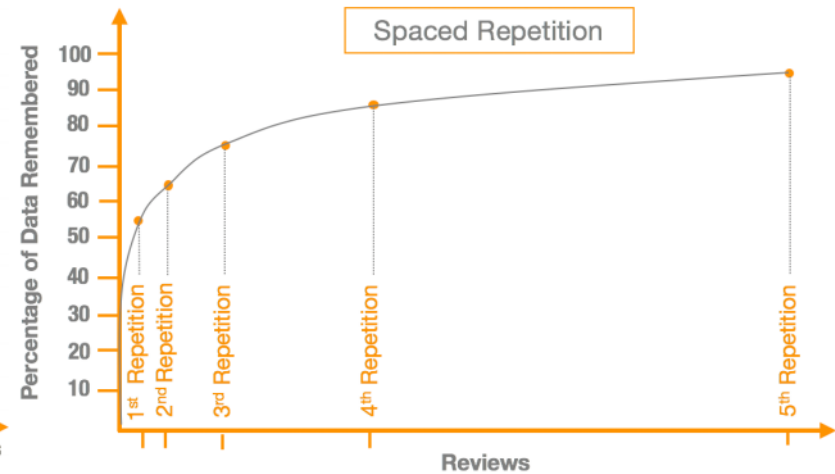
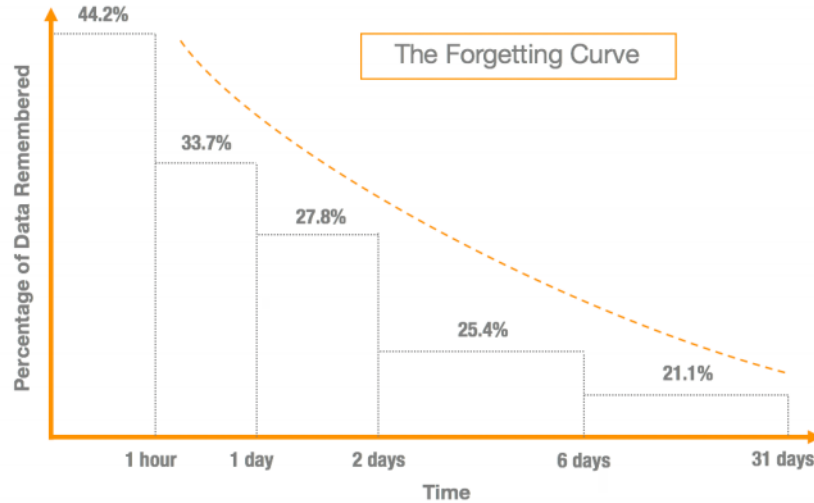
..... break

Primacy & Recency Effect



”Walk & T.....”

ebbinghaus



We forget more than $\frac{1}{2}$ of what we learn within __ hour

We forget $\frac{2}{3}$ within __ day

After __ repetitions we can retain \sim __% of what we learn

reviewnotes

In brief blocks of time spread out over longer periods of time.

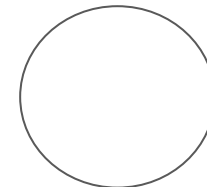
1. Do your first review

2. Then do a short review of your notes within

- - any errors

- - any misunderstandings

3. Then spend reviewing the week's notes



4. Then review your notes approximately once per

5. Then again before exams

mnemonics

My Very Easy Method: Just Set Up Nine Planets

Mercury

Venus

Earth

Mars

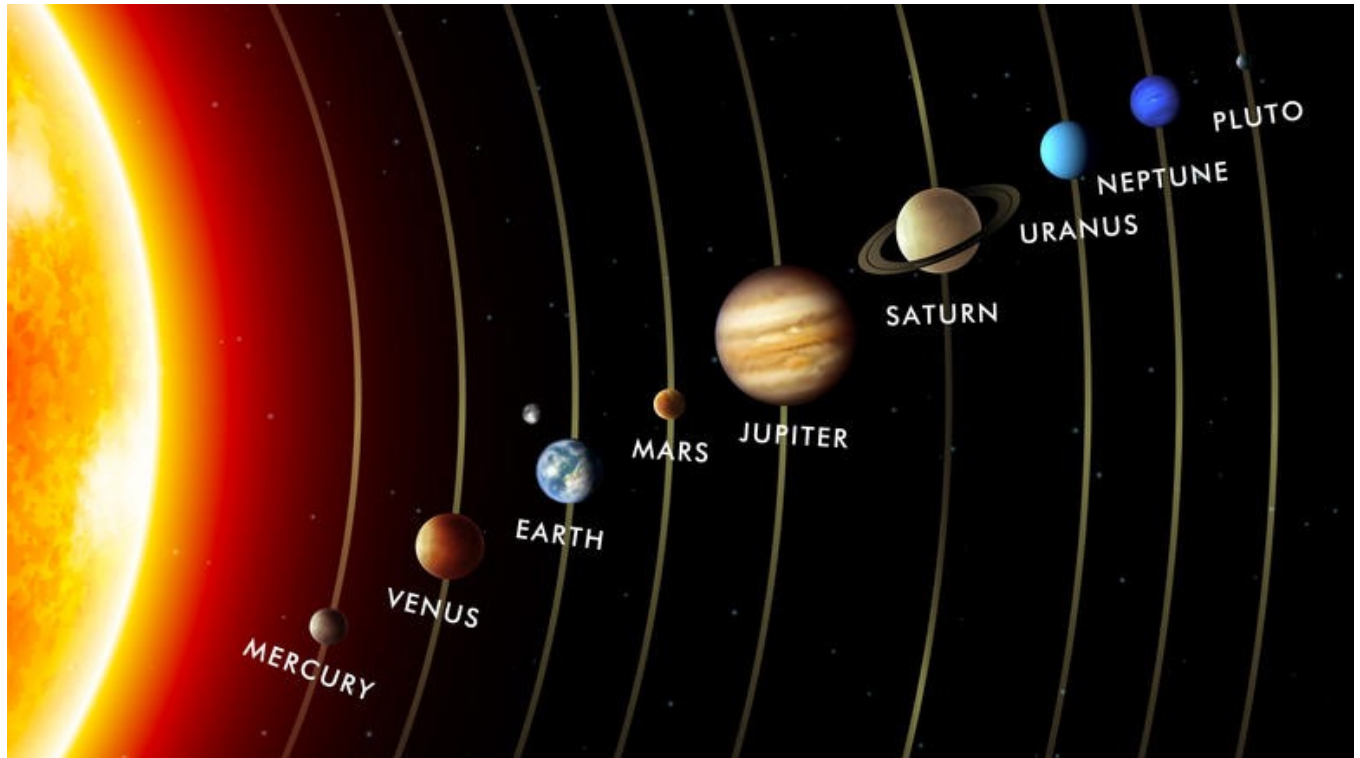
Jupiter

Saturn

Uranus

Neptune

Pluto



mnemonics

Spelling

Diarrhoea

Diarrhoea Is A Really Runny Heap Of Endless Amounts

Trigonometry

Remembering the definitions of sine, cosine & tangent can be done by memorising:

SOH-CAH-TOA

Sine = Opposite over Hypotenuse

Cosine = Adjacent over Hypotenuse

Tangent = Opposite over Adjacent

Silly Old Hag Caught All Her Teeth On Apples



mnemonics

Science

The first 20 Elements of the Periodic Table

Hydrogen, Helium, Lithium, Beryllium, Boron, Carbon, Nitrogen, Oxygen, Fluorine, Neon, Sodium, Magnesium, Aluminium, Silicon, Phosphorus, Sulphur, Chlorine, Argon, Potassium, Calcium.

Harry, He Loves Big Bananas. Cassy Never Outs Friends
Near Springvale. Michelle, Although Silly Person, She Can Act Pretty Clever.

Periodic Table of the Elements

1 H Hydrogen	2 He Helium																																									
3 Li Lithium	4 Be Beryllium	5 B Boron	6 C Carbon	7 N Nitrogen	8 O Oxygen	9 F Fluorine	10 Ne Neon											11 Na Sodium	12 Mg Magnesium																							
13 Al Aluminium	14 Si Silicon	15 P Phosphorus	16 S Sulphur	17 Cl Chlorine	18 Ar Argon											19 K Potassium	20 Ca Calcium																									
21 Sc Scandium	22 Ti Titanium	23 V Vanadium	24 Cr Chromium	25 Mn Manganese	26 Fe Iron	27 Co Cobalt	28 Ni Nickel	29 Cu Copper	30 Zn Zinc	31 Ga Gallium	32 Ge Germanium	33 As Arsenic	34 Se Selenium	35 Br Bromine	36 Kr Krypton																											
37 Rb Rubidium	38 Sr Strontium	39 Y Yttrium	40 Zr Zirconium	41 Nb Niobium	42 Mo Molybdenum	43 Tc Technetium	44 Ru Ruthenium	45 Rh Rhodium	46 Pd Palladium	47 Ag Silver	48 Cd Cadmium	49 In Indium	50 Sn Tin	51 Sb Antimony	52 Te Tellurium	53 I Iodine	54 Xe Xenon																									
55 Cs Cesium	56 Ba Barium	57-71 La-Lu Lanthanides	72 Hf Hafnium	73 Ta Tantalum	74 W Tungsten	75 Re Rhenium	76 Os Osmium	77 Ir Iridium	78 Pt Platinum	79 Au Gold	80 Hg Mercury	81 Tl Thallium	82 Pb Lead	83 Bi Bismuth	84 Po Polonium	85 At Astatine	86 Rn Radon																									
87 Fr Francium	88 Ra Radium	89-103 Ac-Lr Actinides	104 Rf Rutherfordium	105 Db Dubnium	106 Sg Seaborgium	107 Bh Bohrium	108 Hs Hassium	109 Mt Meitnerium	110 Ds Darmstadtium	111 Rg Roentgenium	112 Cn Copernicium	113 Nh Nihonium	114 Fl Flerovium	115 Mc Moscovium	116 Lv Livermorium	117 Ts Tennessine	118 Og Oganesson																									
																		57 La Lanthanum	58 Ce Cerium	59 Pr Praseodymium	60 Nd Neodymium	61 Pm Promethium	62 Sm Samarium	63 Eu Europium	64 Gd Gadolinium	65 Tb Terbium	66 Dy Dysprosium	67 Ho Holmium	68 Er Erbium	69 Tm Thulium	70 Yb Ytterbium	71 Lu Lutetium										
																		89 Ac Actinium	90 Th Thorium	91 Pa Protactinium	92 U Uranium	93 Np Neptunium	94 Pu Plutonium	95 Am Americium	96 Cm Curium	97 Bk Berkelium	98 Cf Californium	99 Es Einsteinium	100 Fm Fermium	101 Md Mendelevium	102 No Nobelium	103 Lr Lawrencium										

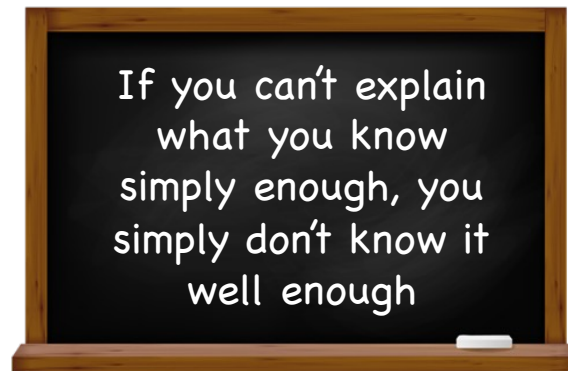
consolidation

Discuss key ideas with others

Success comes from, not memorisation

If you want to **learn it**, to others

By saying things, it forces you to put what you have learnt into some meaningful & coherent format which aids



What is it?

The combination of very high and high for a long term goal.

Research suggests...

“Self discipline out predicts IQ for academic success by a factor of 2.”

- Martin Seligman

www.successintegrated.com/positive-education



Study Skills for Success – Part 1 Feedback

Name:

Year Level:

School:

Q.1 What would you rate the seminar overall on a scale from 1 – 10?

Outstanding 10 | Excellent 9 | Very good 8 | Good 7 | Average 6 | Below average 5

A.1 Score:

Q.2 What were the 3 best ideas you learnt from the seminar?

A.2 1.

2.

3.

Q.3 Would you be interested in having us come back to do different seminars in the future?

A.3 Yes

No

Maybe

Q.4 Did you dislike anything about the seminar?

A.4 Yes / No If Yes, write your concern and how it can be improved.

Q.5 Do you think this seminar will help you to perform better at school? Please tick ONE BOX

A.5 Yes

No

Other - please comment:

Q.6 Please write a few sentences explaining specifically what you gained from the seminar.

A.6

