

Study Skills

Session 1

Introduction

Goal Setting

Time Management

Moruya High School 2010



Success in the HSC

Picture this scenario...



Your teacher enters the room:
timid, unsure, unprepared
and lacking enthusiasm
and energy.

You enter the room:
disgruntled, moody and
expecting to be bored out
of your mind.

**Is this the recipe for a
successful lesson?**



Your teacher enters the room:
full of vitality, ready to
inspire you, to give your
class the lesson of a lifetime.

But you enter the room:
tired from a night out, angry
with your parents or friends
and unwilling or unable to
focus on the lesson.

**How successful will this lesson
be for you?**



Reality...

However brilliant your teacher, unless YOU take responsibility for yourself and get yourself into the right position, you will:

- not learn
- not be motivated
- not be satisfied with your ultimate HSC result



A Point of View

- The real tragedy of the 21st century is that many people believe that everything has to look good, smell good and taste good.
- It's got to be fun or they're not going to have anything to do with it.
- The belief is that instant gratification, instant success and instant fun are the key items...
...otherwise there is no point in getting involved.



Success in the HSC

- The ingredients
 - Class work
 - Attendance
 - Home study
 - Assessment tasks
 - Application



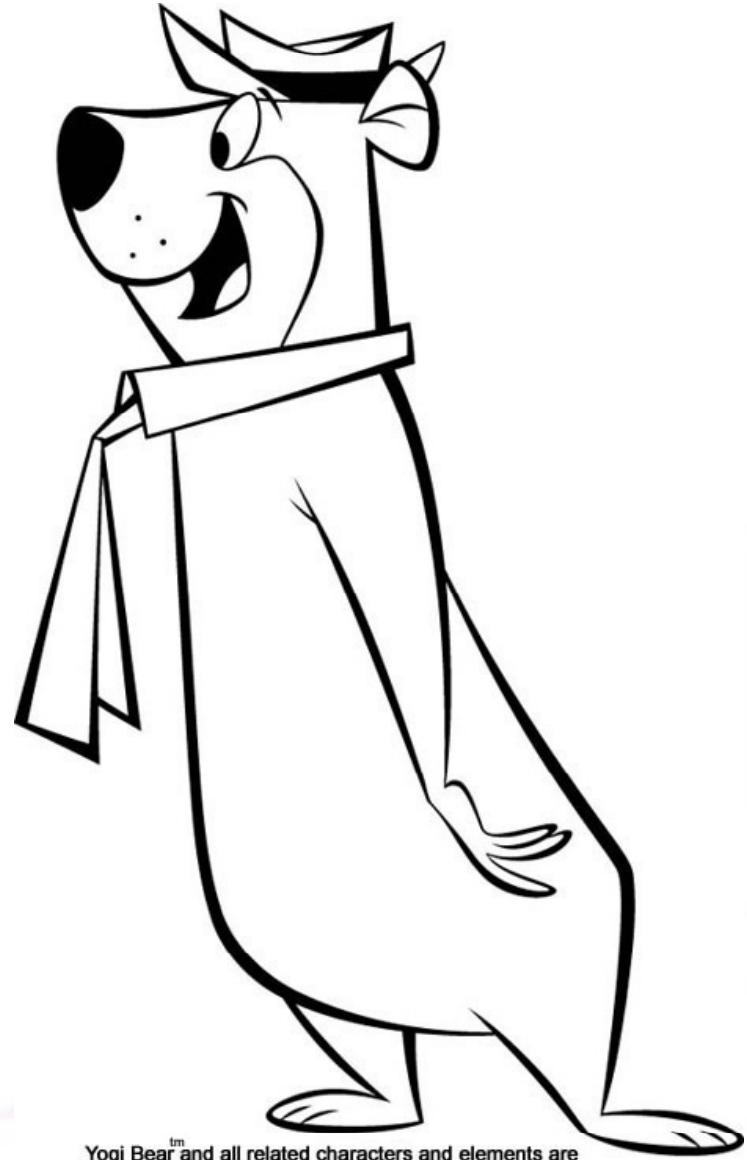
Success in the HSC

- The HSC doesn't measure how clever you are – it measures how hard you work.
- It is very easy to make huge gains in performance if you make the effort.



Goal Setting

- “If you don’t know where you are going, you’ll probably end up somewhere else.”
- Direction helps motivate us
- Aim high



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Goal Setting

- State the specific goal
- List the benefits
- Identify the barriers
- Identify ways to overcome the barriers
- Set the timeframe
- Evaluate



Goal Setting

- “To complete my next assignment a week in advance”
- Benefits
 - Time to revise and improve
 - Teacher can offer advice
 - Less stress
 - Hopefully better mark



Goal Setting

- Barriers
 - Difficult task
 - Lots of homework
 - Sporting commitments
 - Lack of motivation
- Solutions
 - See teacher and read notes
 - Create study timetable
 - Don't go out after match
 - See benefits



Goal Setting

- Long term goals are made up of short term goals
- Post-school goal
- HSC goal
- Preliminary exam goals
- Other short term goals



Time Management

- Crucial
- Now is probably the worst time to do your HSC – but also the best
- We can make our habits work for us
- Every student must have a study timetable – no exceptions



Time Management

- Prioritise
- Be realistic
- Overestimate
- Allow time for fun and exercise
- 3 hours for study daily
- Post the plan
- Stick to the plan (form the habit)



5 minutes isn't much, is it?

- 5 minutes per lesson
 - 9 lessons per cycle
 - 5 cycles per term
 - 4 terms in the HSC
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- That's 900 minutes or 18 periods or a whole month that you've just missed

