

2017

LEARNINGFUNDAMENTALS.COM.AU

INFORMATION PACK



SHORTCUTS TO
STUDY SUCCESS

A grayscale photograph of a study desk. In the center is a silver MacBook Air laptop, open, displaying a presentation slide with a photo of two horses in a field. To the left of the laptop is a black pen holder containing several pens and a pair of scissors. To the right is a white computer mouse. A smartphone is lying flat on the desk to the left of the laptop. The desk is in front of a window with horizontal blinds.

Engaging school presentations and resources to help students improve their studies, boost their grades and achieve their personal best.

ABOUT

JANE GENOVESE



Jane Genovese is the owner, coordinator, and presenter of Learning Fundamentals, an organisation that gives students the edge over their studies.

Jane delivers interactive workshops on creative study strategies, memory techniques, procrastination, exam preparation, managing stress, resilience, and how to focus in the age of distraction.

She graduated from Murdoch University in 2009 with a Bachelor of Laws and Bachelor of Psychology with First Class Honours and received a Vice Chancellor's Award for Academic Excellence. In 2017, she completed her doctoral thesis in the area of education and psychology.

Jane wants students to walk an easier path than she did while studying. She says:

“High school was really stressful. I worried a lot, told myself I was stupid, and that I couldn't do it. I also didn't know how to study effectively which made things hard. But through a bit of trial and error and a lot of research, I found strategies that made all the difference”

“I want to share these strategies and ideas with others because studying doesn't have to be a painful chore. Once you learn how to learn, you can learn anything quickly and effortlessly”

Jane learned her trade early on in life by being involved in public speaking since age 10 and winning State Champion Public Speaker at age 12.

She has also taught internationally at Zhejiang Normal University in China and lectures on behaviour change and sustainable living at Murdoch University.

Jane has developed a range of dynamic presentations and resources for schools. These resources have been designed to help students achieve their personal best at school. She draws on her research and personal experience to show students that with the right mindset and practical study strategies huge improvements can be made to the way in which one studies.

Why choose Jane from Learning Fundamentals?

01

Integrity: She walks the talk and uses the practical strategies she shares with students on a daily basis. These strategies helped Jane to complete degrees in Law and Psychology and a doctoral thesis.

02

Authentic: She doesn't present from a script created by someone else. Jane shares her own lived experience with students.

03

Engaging and Interactive: Having worked with thousands of high school students over the past 10 years, Jane knows what works and what doesn't work in terms of student engagement. With every presentation she delivers, she works hard to make the experience as interactive and engaging as possible for students.

04

Values based education: She aligns her presentations and resources with the school's values.

05

Evidence-based: The study strategies Jane shares with students are based on empirical research. While other organisations may present what the top students are doing, Jane understands this may not work for everyone. She presents students with a diverse range of strategies to pick and choose from.

06

Based in WA: Learning Fundamentals is a WA owned and operated educational consultancy. Jane is happy to meet with teachers to create customised presentations and resources.



Learning specialist Jane Genovese. Picture: Iain Gillespie

The right way forward

■ Connie Clarke

Installing internet blockers and avoiding sugar are among the exam strategies recommended by learning specialist Jane Genovese.

Ms Genovese, the owner of Learning Fundamentals, was inspired to launch her own company specialising in goal setting, memory techniques and exam strategies after experiencing study woes as a young high school and university student.

HERE ARE HER TIPS FOR EXAM SUCCESS:

Avoid the sugar blues

"Sugar gives you a short, sharp high but then what," Ms Genovese said. "You come crashing down and feel worse than you did before." Healthy options: berries, nuts, veggie sticks, hummus and yoghurt.

Change your study space

Mixing up your study space slows forgetting and enriches learning. "One day study in the library; the next day find a cosy spot in a quiet cafe, sometimes study at home."

Install internet blocker apps

"As exams loom, many students spend a lot more time online watching random videos of cats," she said. "The simple reason is that self-control decreases when people feel stressed. Install an internet-blocker app such as Freedom or Self Control to help you focus."

Get specific

The more vague a task, the less likely you are going to start the task. Focus on a specific step such as "solve five equations". "This will help to get you kickstarted and chances are once you've finished those five equations you'll want to keep on studying."

Make music your friend

"If the task is boring and repetitive, for example solving the same type of mathematical problem, then the right type of music can motivate you to study."

Go easy with the highlighter

Highlighting information is a risky business. It can create what is called the illusion of competence.

"You think by highlighting the information it has transferred from the page into your brain but, most of the time, it actually hasn't. It's far more effective to take handwritten notes or draw pictures to convey the information as you read."

Snack study rather than binge study

Short periods of time (15-25 minutes) are more effective than trying to learn everything in one long, exhausting study session. "If you attempt to cram in too much information into your brain, not a lot is going to stick and you'll feel overwhelmed. Take regular snack study sessions followed by breaks of 5-10 minutes. Then repeat."

Catch some Zs

Aim for 8-10 hours of sleep a night. Consider throwing in a 20-minute power nap, too, if you're low on energy.

Eat breakfast

"Muesli with fresh fruit and scrambled eggs on wholemeal toast are perfect pre-exam breakfast options."

Exam Extra 2010

Art of smart study

BETHANY HIATT

Year 12 was not an enjoyable experience for Jane Genovese because she did not know how to study effectively, so she is determined to stop others making the same mistakes.

She found high school stressful and continually told herself she was stupid. It was only by trial and error that she found study techniques that helped her.

For the past four years, she has been running workshops in schools on goal setting, memory techniques, exam strategies and getting organised. She recently published a comic book on study skills called Smart Study.

Ms Genovese, 26, uses her personal story of failing her first assessment in her law and psychology course at Murdoch University, where her mind blanked and she achieved just 5 per cent, to inspire students.

"In high school, I thought the only way to study was reading my books over and over again," she said. "I did quite well but it was a struggle. I spent hours



SCHOOL PRESENTATIONS

The presentations and workshops Jane delivers are based on a combination of the best research and personal experience (particularly her years studying law and psychology and completing her doctorate at university).

Since every group of students is different, the presentations can be modified to best suit the needs of your students. Just let Jane know the key topics you would like covered and she can tailor make a presentation/workshop for your group.

Jane speaks regularly on the following topics:

- creative study methods (e.g., visual note-taking)
- exam preparation/strategies
- procrastination and how to motivate yourself at anytime
- the myth of multitasking and the power of focus
- stress management
- getting organised
- time management
- managing technological distractions
- goal setting/action planning

Most workshops/presentations run for 1 hour, however, they can be shortened or lengthened to suit your school periods and schedule.

Jane has presented workshops at over 50 schools and government departments in Western Australia. These include:

Aranmore Catholic College
Applecross Senior High School
Balga Senior High School
Bullsbrook District High School
Canning Vale College
Carey Baptist College
Carine Senior High School
Catholic Education Office
City of Canning
Como Secondary College
Corpus Christi College
Chisholm Catholic College
Christ Church Grammar School
Clarkson Community High School
Department of Environment and Conservation
Department for Planning and Infrastructure
Department of Transport
Duncraig Senior High School
Eastern Hills Senior High School
Emmanuel Catholic College
Esperance Senior High School
Exmouth District High School
Finding my place program
Frederick Irwin Anglican School
Governor Stirling High School
Greenwood Senior High School
Hamilton High School
Harvey District High School
Helena College
Iona Presentation College
John Calvin Christian College
John Curtin College of the Arts
John Wollaston Anglican Community School
John XXIII College
Kalamunda Senior High School
Kelmscott Senior High School
Kent Street Senior High School
Kolbe Catholic College
Lakeland Senior High School
La Salle College
Leeming Senior High School
Living Waters Lutheran College
Lockridge Senior High School
Mercy College
Manjimup Senior High School
Mindarie Senior College
Mirrabooka Senior High School
Murdoch University
Nannup District High School
Newman College
Northam Senior High School
North Albany Senior High School
Padbury Senior High School
Perth College
Perth Modern School
Penrhos College
Peter Moyes Anglican Community School
Pinjarra Senior High School
Presbyterian Ladies College
Rossmoyne Senior High School
Sacred Heart College
Santa Maria College
Scotch College
Swan Christian College
St John of God Hospital, Subiaco
St Brigid's College
St Mark's Anglican Community School
St Mary's Anglican Girls' School
St Stephen's School
Southern River College
Trinity College
Warnbro Community High School
Wanneroo Senior High School
Wesley College
Western Australian Institute of Sport

PRESENTATION INFORMATION

01

Study Hacks: Shortcuts to Study Success

There is a science to learning information effectively. In this session, we bust through some common study myths and uncover what really works. Students will learn active study techniques and strategies to help them take visual notes, get organised, develop better focus, and stop the multitasking madness.

02

Memory Kick-Start

Boost your brain power and grades through a range of memory techniques and study strategies (e.g., mind mapping, creative visualisation, mnemonics, and chunking). This session also covers the limitations of your memory (and why you need to take notes and use a diary/planner) and how to look after your mind and body to enhance your ability to focus.

03

Year 11 Transitions

Discover how to make the transition from year 10 to year 11 as smooth as possible. Topics covered include: developing a positive mindset, dealing with distractions, study strategies, looking after your mind and body, and staying motivated.

04

Stress Less

A practical session on how to stay calm when you're piled in work and exams are looming. This session covers a range of strategies to prevent and manage stress. Due to the experiential nature of 'Stress Less', this session works best when delivered to smaller group sizes (30 – 50 students).

05

Procrastination Buster

"I'll start tomorrow", "I can't be bothered", and "I'm not motivated to start". Sound familiar? Why not start today? Learn how to identify your own procrastination patterns, find out what might be behind them, and motivate yourself at any time to get your work done.

OTHER PRESENTATIONS

06

Exam Hacks: Boost Your Performance

Learn shortcuts to exam success and how to effectively prepare for exams to achieve maximum results. Topics covered include: study strategies, positive self talk, minimising distractions, creating a plan of attack, what to do before, during and after each exam, and the importance of sleep.

07

Career Booster

Embark on an exciting journey exploring what a rewarding career would look like and how to make that career path a reality. This is a great session for year 10 students before subject selection time.

08

How to Stay Focused in the Age of Distraction

Are you in control of your smart phone, Instagram, and/or Facebook? Or are they in control of you? Learn how to strengthen your ability to focus on what really matters and boost your productivity.

09

Mentally Tough: Building a Better and Stronger You

What do you do when you fail a test or things don't go as well as you had hoped? This session provides practical training to help students hang in there when the going gets tough and grow resilience.

10

From Chaos to Control: Building a Solid Foundation

Not using a diary? Lost your school timetable? Can't find your assignment sheet? Don't know the difference between homework and study? This session focuses on implementing the basics so students don't give up before they even get started. Ideal for years 7 - 9.

EDUCATIONAL RESOURCES



In-house study skills program (1 year licence)

Teachers play a critical role in reinforcing and reminding students of effective study strategies. It's unrealistic to expect students to adopt 100% of the strategies presented after listening to a one-off presentation. For this reason, Jane has created over 45 short interactive lessons (10 – 20 minutes in length) for teachers to deliver to their students throughout the year.

Teachers are provided with lesson plans as well as beautifully designed slides, and handout sheets capturing key strategies and ideas in an easy to digest format. These resources accompany each study skills lesson.

Teachers can give students who are struggling with certain skills relevant handout sheets.

Topics covered include:

Brain Hacks

- Session 1: How to think about thinking
- Session 2: How to develop a growth mindset
- Session 3: How to sleep like a baby and power nap like a pro
- Session 4: How to get moving for optimal brain power
- Session 5: How to foster an attitude of gratitude
- Session 6: How to eat for optimal brain power
- Session 7: How to avoid a sugar crash
- Session 8: How to make a brain boosting breakfast
- Session 9: How to stress less
- Session 10: How to get ready to learn (mindfulness)
- Session 11: How to boost your energy levels

Organisation Hacks

- Session 12: How to use your second brain (your diary)
- Session 13: How to use your school timetable
- Session 14: How to come to school with everything you need
- Session 15: How to organise your papers
- Session 16: How to manage electronic documents
- Session 17: How to create your study empire
- Session 18: How to work in other locations (the mobile study space)
- Session 19: How to manage your inner slob

Productivity Hacks

- Session 20: How to set goals and get stuff done
- Session 21: How to stop wasting time (procrastinating)
- Session 22: How to motivate yourself at any time
- Session 23: How to be a 'completionist' (not a perfectionist)
- Session 24: How to stop the multitasking madness

Study Hacks

- Session 25: How to study smarter, not harder
- Session 26: How to mind map
- Session 27: How to study actively (not passively)
- Session 28: How to memorise information like a champion
- Session 29: How to take good notes for jungle survival
- Session 30: How to know the difference between homework and study
- Session 31: How to snack study (not binge study)
- Session 32: How to listen to music when you study
- Session 33: How to make the most of your time in class
- Session 34: How to study challenging subjects

Assignment Hacks

- Session 35: How to start assignments
- Session 36: How to make an assignment plan
- Session 37: How to read effectively
- Session 38: How to write assignments and essays
- Session 39: How to write a first draft
- Session 40: How to not steal other people's ideas
- Session 41: How to proofread your work
- Session 42: How to format and present your assignments

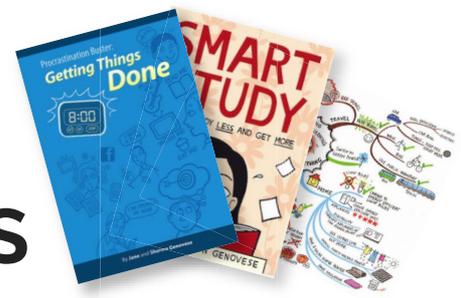
Relationship Hacks

- Session 43: How to get along with your teachers
- Session 44: How to avoid toxic relationships at school

Technology Hacks

- Session 45: How to manage technology
- Session 46: How to be search savvy

OTHER EDUCATIONAL RESOURCES + SERVICES



Parent evening talks

If parents have an understanding of how their children can study more effectively, they can better support their children to achieve their personal best. This parent session is packed full of practical strategies and advice that will leave parents thinking at the end of the session, *“I wish I was told these things when I was in school!”*.

Online study skills program The Smart Study MasterClass

The Smart Study MasterClass is designed to help students get through their studies with minimal pain, stress, and struggle. It's also about saving time, boosting results, overcoming self doubt and a fear of failure, keeping chaos at bay, and developing a life-long love of learning. Once students learn how to learn, they can pick up new skills and information quickly and easily.

Unlike other study skills resources which tend to be text heavy, dry, and theoretical, the Smart Study MasterClass offers students practical and effective strategies to immediately improve their studies.

The Smart Study MasterClass covers over 50 different study strategies through a series of short videos. Students are able to post questions and take quizzes to deepen their learning.

The online program can be used in the following ways:

- Students can access the program privately at home.
- Students can use it in their free study period.
- It can be included as part of a school's pastoral care or well-being program.
- It can be referred to in the school's newsletter and at parent evening sessions.
- It can be publicised in the school diary.
- The school psychologist/counselor can refer students to different sections of the program.

Books and posters

Smart Study: How to Study Less and Get More

An easy to read comic about Jane's journey from epic failure to study skills mastery.

Procrastination Buster: Getting Things Done

A workbook packed full of practical strategies to help students motivate themselves at any time and stop procrastinating.

The Study Skills Mind Map Poster Pack

A set of three mind map posters and explanation sheets covering the essential skills to help you master your studies.

TESTIMONIALS FOR SERVICES



"I'm a year ten student at Corpus Christi College and today you visited us and spoke about studying and the techniques. We have had many guest speakers discussing this topic but none were as helpful as you. At the beginning of the day I wasn't looking forward to the 50 minutes we had to spend sitting down and listening to a boring speaker, but for once I was fully focused and interested in your presentation, everyone was. I'm really grateful for the awesome tips you gave us and I've already put some of them into action, bookmarked your website and liked your page on Facebook. So I just wanted to say a huge thank you and a congratulations on actually making a difference in the way teenagers study today."

- Year 10 Student, Corpus Christi College

"It was great to hear how many students went home and spoke to their parents about your presentation. I've also received fabulous feedback from our staff – yours really is the best Study Skills presentation I have seen!"

- Head of Year, Wesley College

"Thanks for your presentation last night at Challenge Stadium, Jane! Excellent ideas and support for the student athletes combining sport with study"

**- Athlete Career & Education Coordinator,
Western Australian Institute of Sport**

"That wasn't your usual study skills presentation! I really like that I can start using these strategies straight away"

- Year 11 Student, Iona Presentation College

"I'm one of the St Mary's girls you visited today and I'm writing to thank you for speaking to us. I found everything you said so relatable and it definitely gave me motivation and ideas of better ways to approach study. I've even gone away and made a mind map summarising the points you spoke about! I really enjoyed it, thanks again!"

**- Year 10 Student, St Mary's Anglican
Girls' School**

"Thanks so much for the work that you did with our Year 11 ATAR students. They were thoroughly engaged and you even fired up one of the relief teachers who was supervising the session! She really enjoyed the session and thought that you were very engaging."

**- Student Services Manager, Warnbro
Community High School**

"Thanks so much for coming to Mandurah Baptist College and talking to our Year 10s. I certainly benefited from the strategies you've outlined and saw ways in which I could apply these to my own classes. I know the kids got a lot out of it too. You made it fun and engaging and that's exactly what they needed!"

**- English Teacher,
Mandurah Baptist College**

"We have three daughters who have all been at PLC and I've seen many presentations before on this subject. Last night's was by far the most informative and educational presentation I've seen. Thank you so much for coming along and sharing your experiences and strategies."

- Parent, Presbyterian Ladies' College

CONTACT JANE

Name: Jane Genovese

Business name: Learning Fundamentals

ABN: 77 418 365 441

Mobile phone: 0422 460 598

Email: jane@learningfundamentals.com.au

Web: www.learningfundamentals.com.au

Address: PO Box 255, Guildford WA 6935

