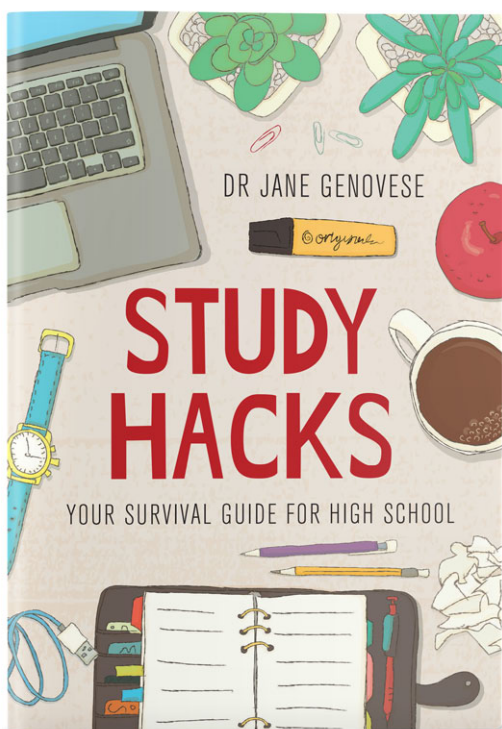


# New Study Skills Book to Help Students Achieve their Personal Best



## Study Hacks: Your Survival Guide for High School By Dr Jane Genovese

Forget the idea of reading your books over and over again or highlighting entire paragraphs of information. Old-fashioned study methods are painful, boring and not very effective. There is a better way. This book will show you how.

In Study Hacks you will learn:

- How to motivate yourself at anytime
- How to eat for maximum brain power
- How to be a 'completionist' (not a perfectionist)
- How to stop procrastinating
- How to study smarter, not harder
- How to manage technology and minimise distractions

And much, much more!

Published: September 2017

Imprint: Learning Fundamentals

Extent: 128 pages

Binding: Notch

ISBN: Paperback ISBN  
978-0-9807338-4-6

RRP: \$19.95

Discounts apply for bulk orders



# Why invest in Study Hacks for your students?

- Contains dozens of tried and tested study techniques, tools, and strategies for students.
- Lesson plans and additional resources are available for each section (*The Study Hacks Teachers' Toolkit*). Teachers can use these to reinforce the ideas and strategies with students.
- The online program (*The Study Hacks Masterclass*) is also available to extend and deepen the topics covered in this book.
- Each topic contains activities and reflective exercises.
- Easy-to-implement strategies.
- Book is highly visual, not text heavy and beautifully designed to appeal to students who find studying challenging.



## What others are saying about Study Hacks

"Study Hacks is a handy sized, easy to read guide that covers all the essential survival tips that students need for high school. It is set out in a way that makes it easy for students to both find and understand the information that they need.

Each "How to" provides a useful and well explained activity or reflection to enable students to practice and master the skills that they need for success. As a teacher of year 7s through to year 12s I have used it in class and have recommended students and parents put it on their Christmas and back to school wish lists."

**Teacher, Corpus Christi College**

"This book is great and more than a study guide. It is easy to read, with bite-size pieces of great, practical advice about how to develop and manage study skills with a healthy student lifestyle. Great for secondary students. I highly recommend it."

**Parent of two teenagers**

# ABOUT

## DR JANE GENOVESE



Dr 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, overcoming 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 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. Learning how to learn improves every area of your life."

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 (Penguin Club Speak Up Award).

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 best.

She draws on her research and personal experience to show students that with the right mindset and practical study strategies they can take charge of their studies, learn effectively, and have fun.

# Study Hacks: Your Survival Guide for High School

## Order Form for Australian Schools

### To order:

1) Complete this form and email it to [jane@learningfundamentals.com.au](mailto:jane@learningfundamentals.com.au). You can also take a photo of the form with your phone and send it to 0422 460 598.

Alternatively, you can send an email stating what you'd like to purchase. Please include your full name, school and phone number.

2) After receiving your form, an invoice will be created for you and your books will be posted out to you.

Note: If you order less than five books, the books can be posted out with an invoice. For orders of five or more books, a purchase order number is required.

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- 11-99 copies: \$14.95
- 100 or more copies: \$9.95

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**Main contact name (teacher/staff member ordering for school):** .....

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