

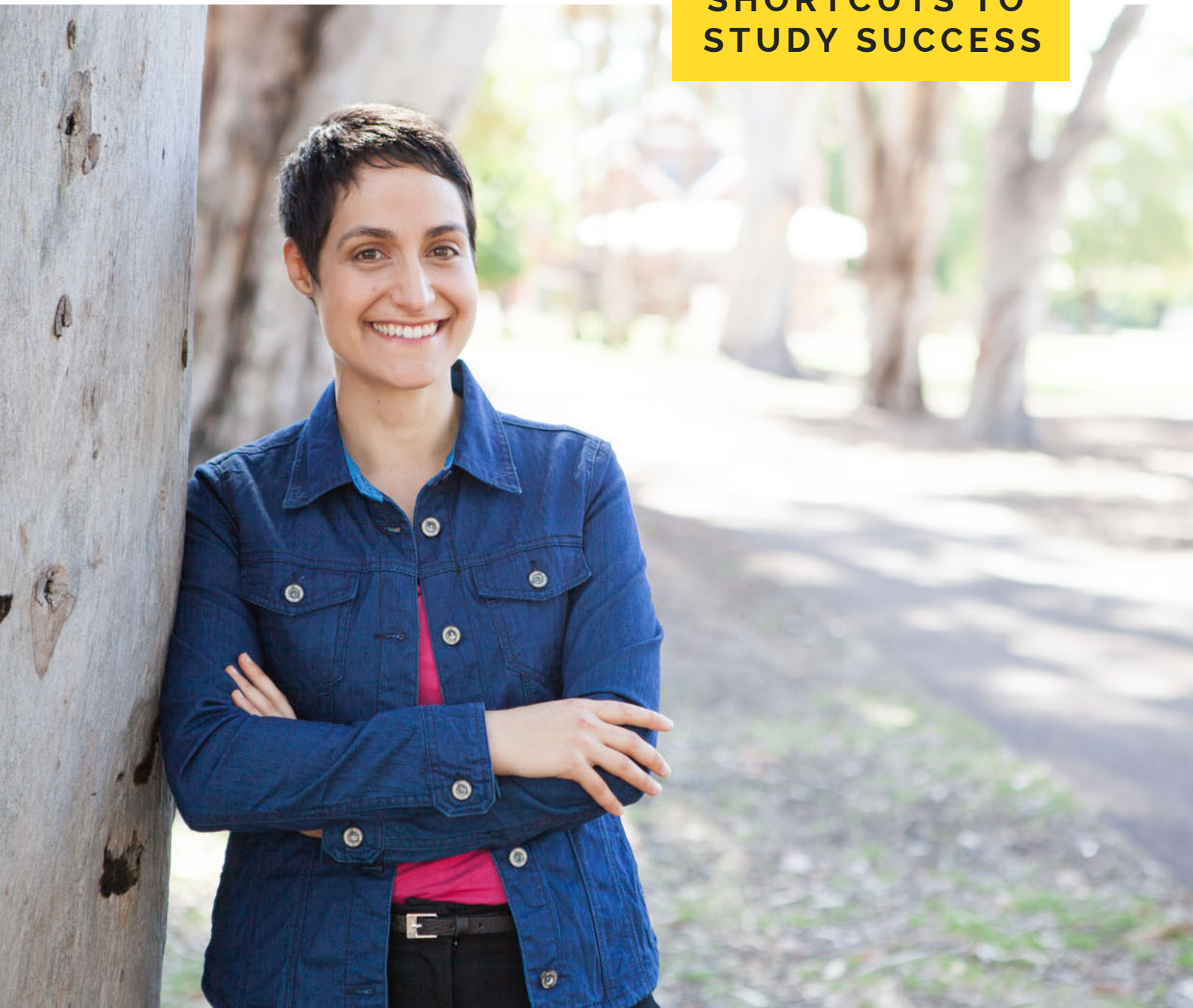
2023

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INFORMATION PACK



**SHORTCUTS TO
STUDY SUCCESS**



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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 sessions on effective study strategies, overcoming procrastination, the power of sleep, exam preparation, and how to cultivate better focus.

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 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, it gives you power and confidence. 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 has lectured on behaviour change and sustainable living at Murdoch University.

Jane has developed a range of dynamic presentations and resources for schools. These resources are designed to help students achieve their personal best and build learning confidence.

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.

Why choose Jane from Learning Fundamentals?

01

Integrity: She walks the talk. The strategies she shares with students are tried and tested. They helped Jane to complete degrees in law and psychology and a PhD.

02

Authenticity: She doesn't present from a script created by someone else. Jane shares with students insights about her early struggles with studying and what helped to shift her path.

03

Engaging and Interactive: Having worked with thousands of high school students over the past ten years and studied psychology and the science of learning, Jane understands how to effectively engage students and keep their attention.

04

Values-based education: Jane aligns her presentations and resources with the school's values. She ensures that everyone is on the same page when it comes to reinforcing core values and key messages for learning.

05

Evidence-based: The strategies Jane shares with students are based on empirical research. While other speakers/organisations may present what the top students are doing, Jane understands this may not work for every student. She presents a diverse range of strategies to pick and choose from, so there is something suitable for all levels.

06

Accessibility: Learning Fundamentals is a Western Australian owned and operated educational consultancy. Jane is happy to meet with teachers to create customised presentations, programs and resources.

Study hacks got Jane back on track

Kristie Lim

A GUILDFORD author, who has launched a book on study hacks, says online distraction is the main struggle for high school students.

Jane Genovese's *Study Hacks: Your Survival Guide for High School* features practical strategies students aged 12 to 17 years of age can use to stop procrastinating and cut their study time in half.

Dr Genovese, who runs a company called Learning Fundamentals and lectures at Murdoch University, worked with her artist brother Stephen to create the book.

She also formed an online program, The Study Hacks Masterclass, which has more than 50 easy-to-understand

videos covering key study strategies and quizzes.

Dr Genovese said her book came about after a phone call from the deputy principal of John Curtin College of the Arts, who wanted her to write a book to prepare students for high school.

"It basically just pulls together all the strategies that really help me with my studies because it was not always easy for me," she said.

"I pretty much bombed out of my first test at university, got one out of 20, was really close to dropping out.

"But, I was just lucky that a law professor suggested I try mind-mapping and it made all the difference."

Dr Genovese said she wanted to launch the book and online program across

Australia.

"The first section is really looking at the importance of cultivating good sleep, hygiene, exercise and looking at your mindset," she said.

"I think the number one thing students struggle with that I see, in my experience of working in schools, is on-line distractions: Facebook, Instagram.

"Give your phone to your parents, put it in another room, install an internet block application; if you can really manage those distractions it is going to make a huge difference."

She said when high school students face challenges, they would jump to the conclusion that they were not good at a particular subject.

DR JANE'S STUDY HACKS

- Deal with distractions from the outset: know what things are likely to distract you so you can avoid getting derailed when you study
- Aim to be a 'completionist' (not a perfectionist). Done is better than perfect!
- Avoid using highlighter pens. Highlighting gives you a false sense of confidence.
- Work in eight-minute bursts.
- Get plenty of sleep. Sleep is critical to the learning process.
- Start doodling. Studies have found students who draw pictures to capture the information they need to learn retain 30 per cent more information than students who don't draw pictures.





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



ONLINE PRESENTATIONS

Jane's presentations are based on a combination of the best research and personal experience, particularly her years as an university student studying law and psychology and completing her PhD.

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 customise a session for your year group.

She speaks regularly on the following topics:

- effective study strategies
- exam preparation strategies
- overcoming procrastination and how to motivate yourself at anytime
- defending your focus from Big Tech
- getting organised
- time/energy management
- the power of sleep

Online sessions typically run for 50 minutes; however, they can be shortened or lengthened to suit your school periods and schedule.

Sessions can be run with Teams, Zoom, or Webex. Jane offers a free tech trial before the day.

Note: If you are not confident running an online session, pre-recorded teacher-led sessions are also available.

Jane has presented at over 50 schools and organisations in Western Australia. These include:

All Saints' College
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
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
Western Australian General Practice Education and Training Ltd (WAGPET)
Warnbro Community High School
Wanneroo Senior High School
Wesley College
Western Australian Institute of Sport

PRESENTATION INFORMATION

01

Study Hacks: Shortcuts to Study Success

Forget highlighting and rereading your notes. These are old and ineffective ways to study. In this session, students will learn highly effective study strategies from cognitive psychology. They will also learn how to motivate themselves to get started with their work.

Note: There are two versions of this talk: a senior and lower school version.

02

Year 11 Transitions

Year 11 can be a shock to the system. Winging it no longer works. Effective strategies are required. In this session, students will learn how to make the transition to senior school a smooth one. They will walk away with practical strategies they can implement immediately to make life easier.

03

Procrastination Buster: Getting Things Done

"I can't be bothered . . . I'll start tomorrow". Sound familiar? Why not start today? In this session, students will learn about the psychology of procrastination, how to identify their own procrastination patterns and practical strategies to help them get started with their work/study.

04

Exam Hacks: Boost Your Performance

Preparing for exams can feel overwhelming and stressful. But it doesn't need to be like this. There is a better way! In this session, students will learn how to avoid last minute cramming and effectively prepare for exams.

05

The Power of Sleep

Sleep is critical to our wellbeing, memory and ability to learn. Yet approximately 70% of Australian students are chronically sleep deprived. Students will learn about the importance of sleep as well as simple ways to get more and better sleep.

STUDY HACKS PROGRAM FOR SENIOR SCHOOL STUDENTS

TEACHER-LED SHORT COURSE

Supercharge the way your senior students study with this short teacher-led program (5-6 sessions in total).

What's included in this resource?

1. Script to facilitate the pre-recorded session
2. Access to videos
3. Summary sheet for student
4. Resources for teachers to facilitate four hands-on sessions
5. Student access to the videos (a separate login link is provided)

How does the pre-recorded session work?

Teachers are provided with a script which they can follow and/or adapt to introduce the videos and facilitate break-out activities.

The session runs for approximately one hour. Alternatively, you can split the session into two and run it over two class periods on different days.

If students are unable to attend the session, you can give them access to the pre-recorded videos and summary sheet via a student login link. This way no one misses out.



What are the video topics? And how long do they go for?

There are five videos on the following topics:

1. The Myth of Motivation - From Inaction to Action (12:39 mins)
2. Part 1 - Defend Your Focus (6:33 mins)
3. Part 2 - Defend Your Focus (4:03 mins)
4. Supercharged Study - Learn More in Less Time (12:04 mins)
5. Double the Impact - Dual Coding (6:39 mins)

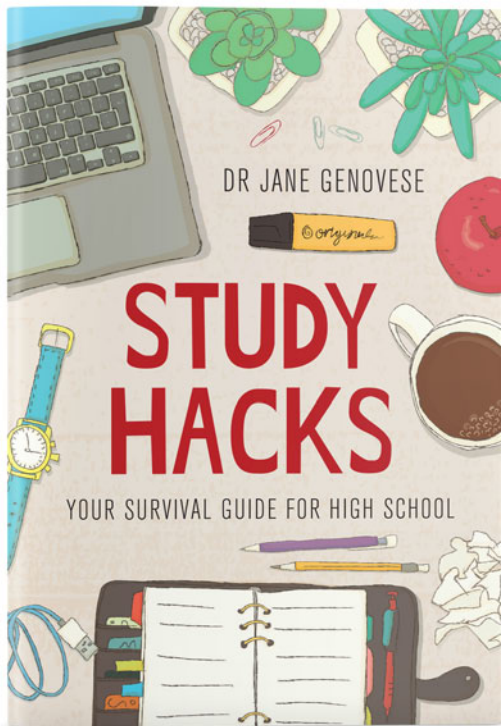
Follow-Up Sessions

After delivering the pre-recorded session, you have the option of facilitating four follow-up sessions. These sessions are designed to give students an opportunity to experiment with the different strategies.

Cost: \$695 plus GST

EVIDENCE-BASED STUDY TECHNIQUES

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 use Study Hacks with 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 reflection exercises to help students apply strategies and/or reflect on their study habits.
- Easy to implement strategies.
- Book is highly visual, beautifully designed and not text heavy 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

EDUCATIONAL RESOURCES



THE STUDY HACKS TOOLKIT

An in-house study skills program for years 7-10

A series of short interactive lessons (10–20 minutes in length) for teachers to deliver to their students throughout the year to reinforce key ideas and study strategies.

Teachers are provided with 46 scripts that can be adapted or used verbatim. Handout sheets and slides also make it easy for teachers to implement.

Each session is designed to reinforce key ideas and strategies covered in the Study Hacks book.

Modules covered in the Study Hacks program include:

Brain Hacks

11 sessions

Topics covered include: Cultivating a growth mindset, good sleep hygiene, managing stress, mindfulness and the importance of physical movement for boosting brain power.

Organisation Hacks

8 sessions

Topics covered include: Using your diary and school timetable, how to organise your papers, managing electronic documents and creating an effective study space.

Productivity Hacks

5 sessions

Topics covered include: Goal setting, how to stop procrastinating and motivate yourself at anytime, overcoming perfectionism and single-tasking.



Study Hacks

10 sessions

Topics covered include: The power of doodling, visual note-taking, active study strategies, memory techniques, note-taking techniques, making the most of your time in class and how to study challenging subjects.

Assignment Hacks

8 sessions

Topics covered include: How to start assignments, making an assignment plan, effective reading strategies, writing techniques (getting words on paper) and proofreading, formatting and presenting work.

Relationship Hacks

2 sessions

Topics covered include: How to get along with your teachers and avoiding toxic relationships at school.

Technology Hacks

2 lessons

Topics covered include: How to manage technological distractions and how to be search savvy.

Bonus extra: Class set of Study Hacks books (25 books).

Note: You can purchase a sample of three study skills sessions to trial as a short course.

THE STUDY HACKS MASTERCLASS (ONLINE PROGRAM)

Students can learn study skills at their own pace with this online course.

This online course covers over 50 different study strategies through a series of fun, short and easy to understand videos.

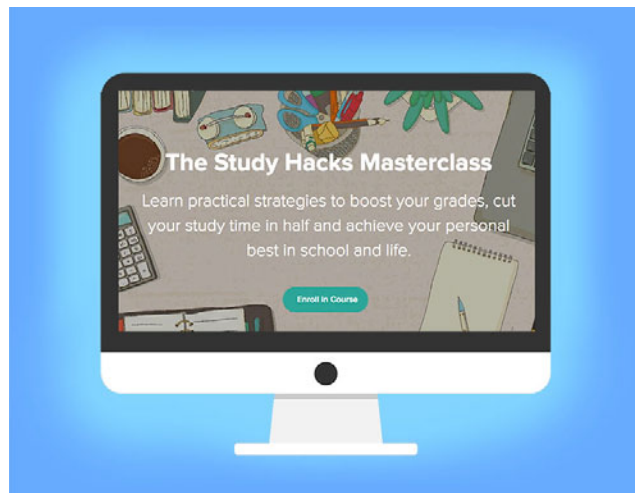
Students are able to post questions, track their progress and take quizzes to deepen and extend their learning on each topic. Upon completion of the course, students will receive a certificate.

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.
- Teachers can refer students to different sections of the program.

How does the course work?

Once your school subscribes, you'll receive a link to distribute to students. Students will need to click on the link and create a login name and password. They will then have access to the program.



How much does the course cost?

Less than 50 students: \$395/y
Less than 200 students: \$795/y
Less than 500 students: \$995/y
More than 500 students: \$1,195/y

Can we trial it first to see if we like it?

Yes! We can send you a free 7 day access pass to trial the program and see if it is a good fit for your school and students.

How can my school subscribe?

Schools can subscribe by filling in an order form or emailing through the following details:

School name and address
Number of students
Contact Person

An invoice will be emailed to you. Once payment has been received, you will receive an email with a link to give your students access to the online course.

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

Jane is happy to discuss how your school can best utilise her services and resources to enhance student learning.

Give Jane a call today or email to set up a meeting.

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