

STUDY HACKS TOOLKIT



An in-house study skills program

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

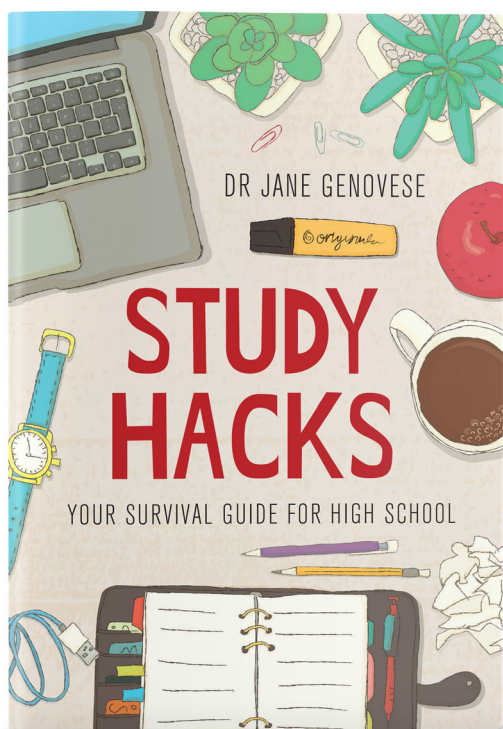
Topics covered include: How to manage technological distractions and how to be search savvy.

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.

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: \$21.95

Discounts apply for bulk orders

