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
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

That’s 900 minutes or 18 periods or a whole month that you’ve just missed