"The first step towards getting somewhere is to decide that you are not going to stay where you are."

Helping You Move Forward

You don't have to have it all figured out to move forward.

MAKE IT HAPPEN
This Term in a Nutshell

* Trial HSC begins Week 4 (Wks 4,5,6) – Accelerants have day before exam on leave (school business – letter to come)
* Yr 11 Prelim Examinations Week 6 (Fri 22/8 – 3/9)
* Normal Classes from 4/9 until end of term – [exam evaluation and continued course work]
* HSC Course Selection Evening Week 9 (Thu 11/9)
* Selections due Monday 15/9
* Week 10 – Yr 12 exit
* Yr 12 Learning Conference Week 1 Term 4 (Tues 7/10)
Learning from Exams

* More than just marks and ranks
* Detailed solutions, comments, written and verbal feedback.
* Test your summary – redo the task
* Reflect on time spent, preparation, what worked??
* Open discussion with teachers
* List three things which would bring more success
Summaries Consolidate Learning

- Tools to counteract the “Curve of Forgetting”

Class Notes - Find 1 key point per paragraph

Highlight – Don’t colour in! then Transfer

Make a $2 page summary – 10c per word

Find Key words Link into phrases Add context

3 important things – 3 questions to ask

* Skim  
* Read  
* Personalise (mindmap)

Set a goal – have summaries for all topics completed by week 2 next term!

S – skim paragraph  
U – underline key words  
M – bullet main ideas
How to Approach Assessments!

1. **READ**
   - On the day you receive the assignment, just READ it.

2. **HIGHLIGHT**
   - Then HIGHLIGHT all the key words and instructions.

3. **DEFINE TASK IN YOUR OWN WORDS**
   - Re-read the highlighted words then DEFINE IN YOUR OWN WORDS.

4. **CHUNK**
   - Break down the large tasks into smaller more manageable CHUNKS.

5. **PLAN**
   - Create your PLAN OF ATTACK. Allocate blocks of time to complete each chunk of work in a planner.

6. **FEEL MORE CONFIDENT**
   - Now you understand WHAT you need to do and you have a clear PLAN to get your work completed by the due date.
5 Tips for Work at Home

Use these in rotation so you don’t get stuck studying in 1 way!!

1. File and Organise
   * Transfer your notes into
   * Folders, post it, highlight, tag
   * Check for missed work- ASK, ASK, ASK
   * Group relevant questions together
   * Sort copied sheets -
2. Exam and Quiz Questions

* Try any past papers, trials, HSC, Mid-course exams
* Use Success One books, Dot Point Books
* Questions at the end of Chapters in texts
* Check in the library, Excel, other sources
3. Internet Activities

- Try Board of Studies
- Test Yourself – Online Multiple Choice,
- ARC link for Standards Packages
- Summaries from HSC
- Online (hsc.csu.edu.au)
- Register for Bored of Studies
- Look for online support
4. Syllabus Check Up

* Check off your class work against your syllabus
* Start a summary of dot points
* Find areas you missed
* Focus on the verbs - scaffolds
* Gives you direction for next part of units
5. **Review of the Week**

- *Read through notes – highlighter in hand*
- *Write a list to ask the teacher*
- *Test yourself, cover, say, know*
- *Make a summary linked to dot points in syllabus*
Working on Mindsets

Fixed Mindset
- Fear of failure
- “I am good at maths but can’t write essays”
- They believe that things should be easy and panic when they aren’t
- If I have failure I am a failure
- Perfectionists

Growth Mindset
- Believe that qualities can be developed
- See failure as an opportunity for learning
- Tend to not be as stressed and persist with efforts
- Frequently do better

Where do you sit?
Praise the Process
• Strategies
• Hard work
• Improvement over time

Don’t focus on the results but on learning and skills growth

Understand the power of “yet”

Talk about the challenge and struggle and that it is ok!

Teaching Mindset Change
Mindfulness – Taking Care of You

We encourage students to reduce stressful situations with mindfulness!

- Increases resilience and peace of mind
- Reduces stress, anxiety and depressive issues
- Focuses us on here and now – not past or present
- Improves relationships and overall well being
- Enhances study, work and cognitive performance
Anxious?? Some tips to try!

- Stop and be aware of breathing
- Be aware of body tightness– let tension go!
- Focus all your attention on a simple activity
- Pause to Listen intently to a background noise
- Concentrate on listening and talking
- Take 5 slow, deliberate breaths
- Be present, aware and awake
- Before sleep, focus on deep breathing
- Notice your body while you walk or stand