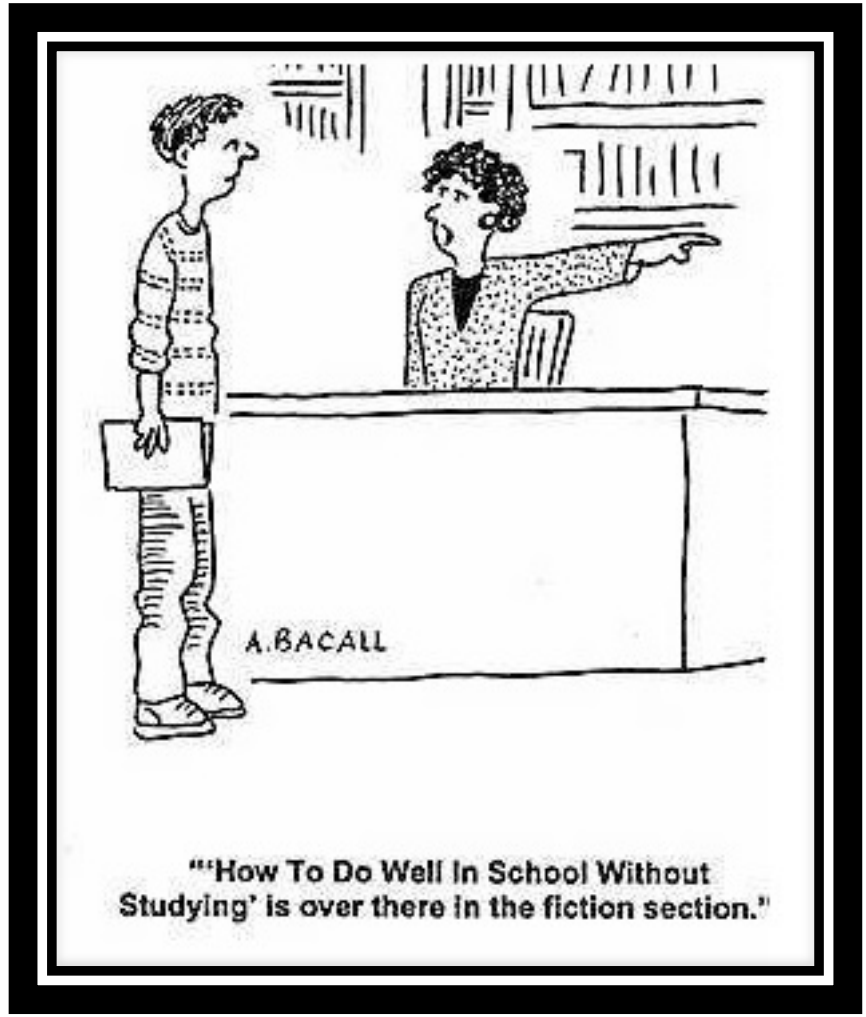




St Leonard's College

An education for life.

Year 8 & 9 Study Skills Evening



Barriers to effective studying

Hayley Anthony
Middle School Counsellor
Psychologist



St Leonard's College
An education for life.

The adolescent brain

In many ways, adolescents are fully grown.

Some brain areas continue to grow into adolescence – prefrontal cortex won't be fully developed until around 25 years of age.

Planning, inhibiting impulses, problem-solving, regulating attention and emotion.

Routine is essential to academic success in adolescents. Less reliance on prefrontal cortex.



Common barriers to effective studying

Not getting the basics right

Stress

Multi-tasking – particularly using technology

Procrastination

Fixed mindset



Getting the basics right

Readiness to
learn

Belonging

Security and safety

Nutrition, exercise, sleep,
water



QUIZ

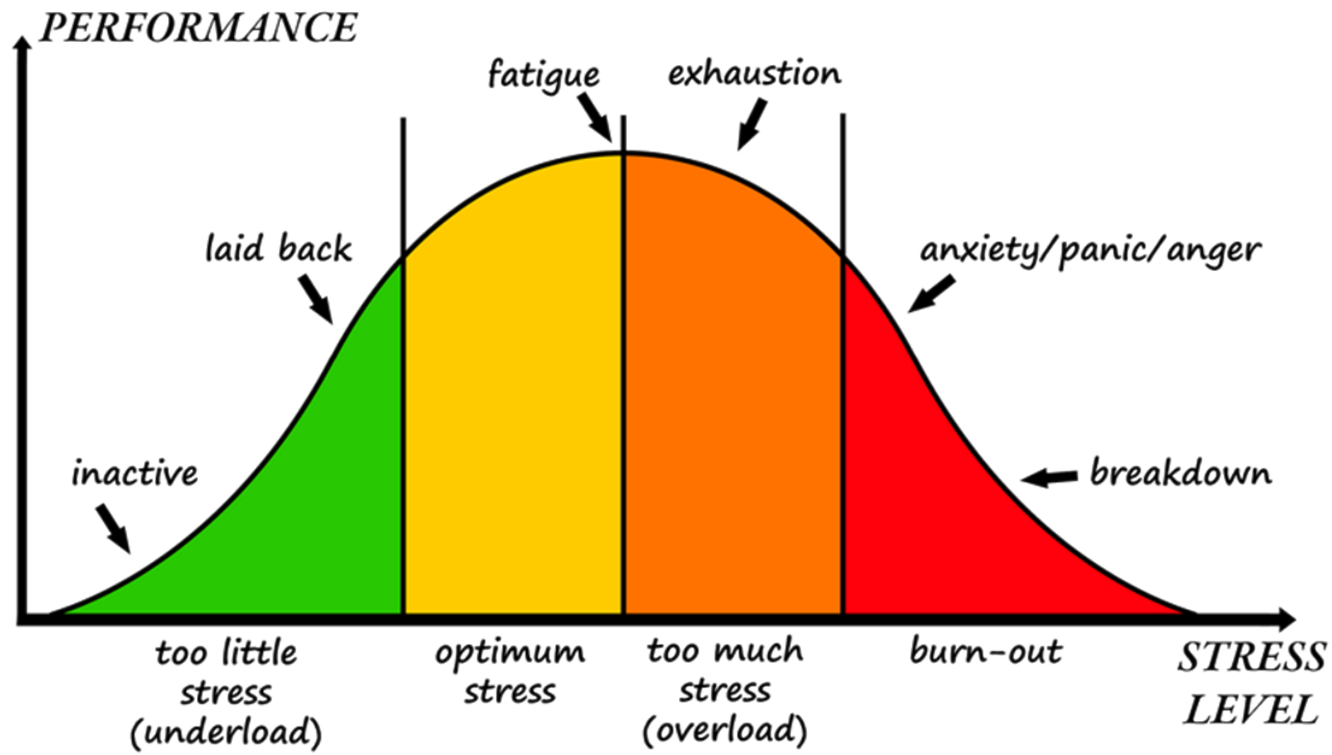
What is the percentage of adolescents not getting enough sleep?

Raising children.net.au



St Leonard's College
An education for life.

STRESS CURVE



Strategies for managing stress

Balance

Routine

Schedule study time

Multiple breaks

Help identify stressful self talk

- Personal ----- me
- Permanent ----- always
- Pervasive ----- everything



The myth of multitasking..



Multi-tasking is really task switching

- Average of **64 seconds** to **recover train of thought** after checking **email** Check **every 5 mins** = waste **8.5 hours per week**
- Complex tasks take up to 4 times longer
- Disorganised memory
- Increased fatigue and stress levels
- **Distraction** by phone calls, email and SMS = **Impact on learning greater than *marijuana* smoking**



The alternative to multi-tasking?

Mindful attention on one thing at a time – engagement in the present



Common sources of distraction

Technology

- 70% of students waste time online (30% are lying) - Davies, 2012
- Texting and alerts
- Inappropriate work space e.g. In front of TV
- Inefficient scheduling of study
- Procrastination



QUIZ

What is the average number of texts sent by adolescents each day?



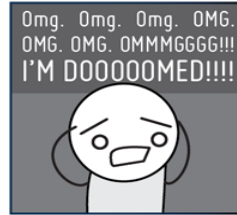
The procrastination trap



– A FIELD GUIDE TO –
PROCRASTINATORS



The Cleaner



The Panicker



The List Maker



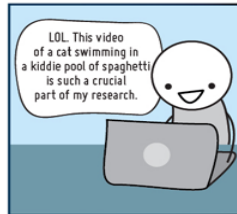
The Napper



The Sidetracker



The Social Sharer



The Internet Researcher



The Snacker



The Gamer



The Watcher



The Delegator



The Perpetuator



Procrastination is

Not new

Chronic for 20%, regular for 50-80%

Procrastinators are made, not born. It is an earned habit.

Related to self-regulation

A gap between intention and action



Different types of procrastinating

It's too hard

It's too boring

I don't know where to start

I can't finish it all at once

I work better under pressure

It won't be very good

They all end inlater



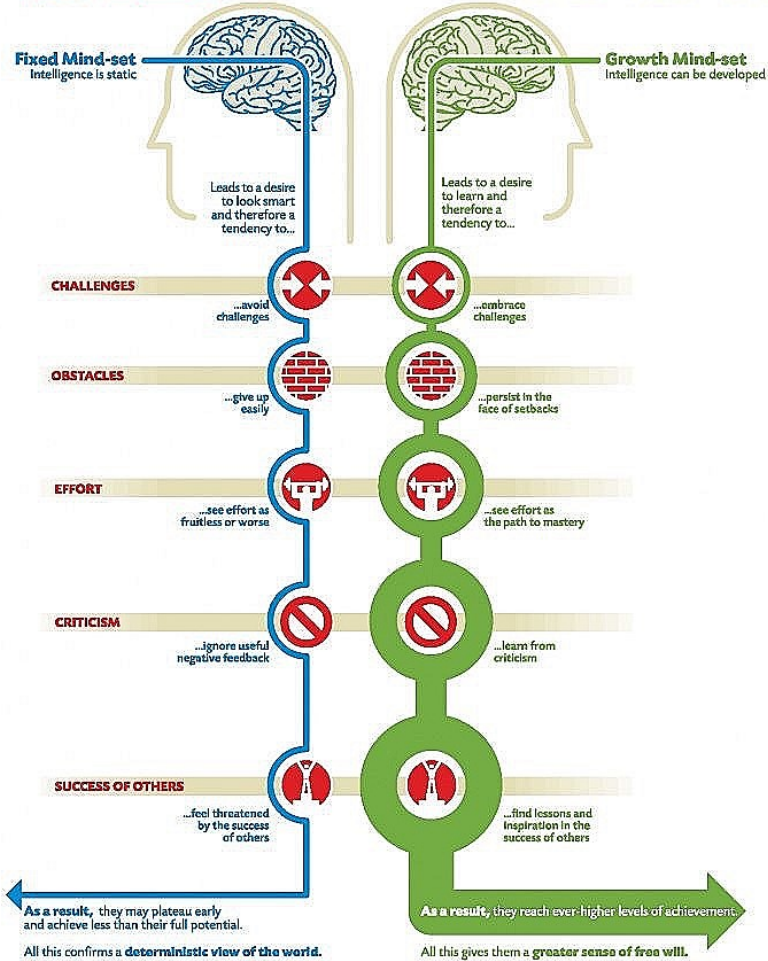
Different strategies

Start early	Break tasks down
Plan homework schedule	Worst first
Focus on one task at a time	Easy first
Prioritise	“Fake” deadlines
Self-rewards	Accept discomfort
Daily goals	Be curious with what works and doesn't work
Remove distractions	Change environment
Plan each session	



FIXED

GROWTH



Parenting strategies for developing a growth mindset

1. Have daily learning discussions
2. Give feedback on process
3. The power of 'yet'
4. Encourage risk, failing, and learning from mistakes
5. Encourage and model positive self-talk



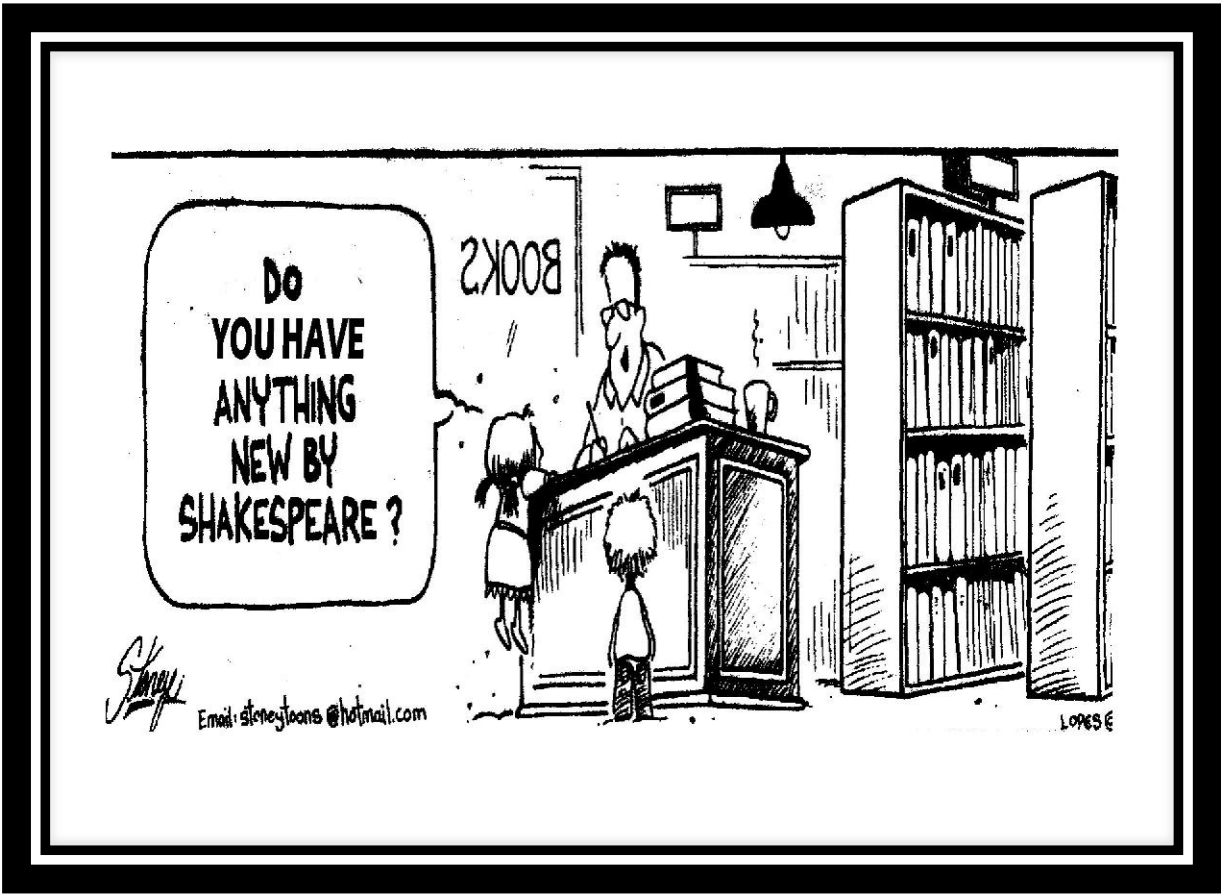
"Around here, however, we don't look backwards for very long.

We keep moving forward, opening up new doors and doing new things, because we're curious... and curiosity keeps leading us down new paths - Walt Disney

[A life lesson from the Disney film: Meet the Robinsons](#)



St Leonard's College
An education for life.



St Leonards College
An education for life.

How to study English

Elise Wackett



St Leonard's College
An education for life.

Feedback

Reflecting on feedback

Setting goals to improve

Actively using feedback to grow

Taking responsibility for your own growth

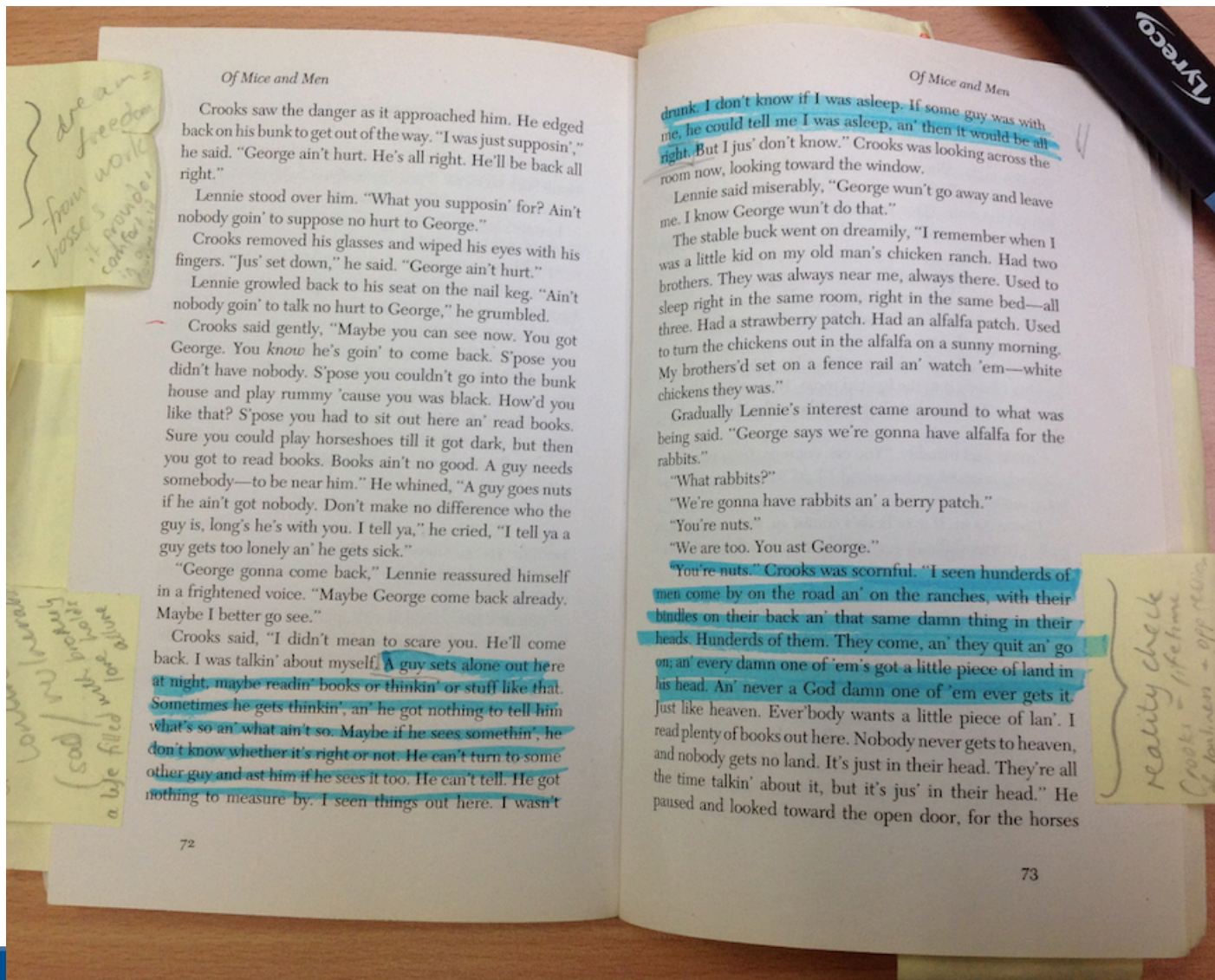


Reading Texts





Active Reading



ebooks

A Note on the Text

The text of this edition of *Of Mice and Men* is based on the Compass Books edition issued in 1963 by The Viking Press, Inc.

Of Mice and Men

A few miles south of Soledad, the Salinas River drops in close to the hillside bank and runs deep and green. The water is warm too, for it has slipped twinkling over the yellow sands in the sunlight before reaching the narrow pool. On one side of the river the golden foothill slopes curve up to the strong and rocky Gabilan mountains, but on the valley side the water is lined with trees—willows fresh and green with every spring, carrying in their lower leaf junctures the debris of the winter's flooding; and sycamores with mottled, white, recumbent limbs and branches that arch over the pool. On the sandy bank under the trees the water is so crisp that a lizard makes its way and runs among them. Rabbits come to sit on the sand in the evening and are covered with the night dew. The spread pads of dogs

Notes

Of Mice and Men

Today 1:46 pm 38

Soledad,
A place in California

Of Mice and Men

A few miles south of Soledad, the Salinas River runs along the hillside bank and runs deep and green. The water is too, for it has slipped twinkling over the yellow sands in the light before reaching the narrow pool. On one side the golden foothill slopes curve up to the strong, yellow-lan mountains, but on the valley side the water is shallow and trees—willows fresh and green with every spring, carrying in their lower leaf junctures the debris of the winter's flooding; and sycamores with mottled, white, recumbent limbs and branches that arch over the pool. On the sandy bank under the trees the



Add Note

Copy

More



A few miles south of Soledad, the Salinas River drops in close to the hillside bank and runs deep and green. The water is warm too, for it has slipped twinkling over the yellow sands in the sunlight before reaching the narrow pool. On one side of the river the golden foothill slopes curve up to the strong and rocky Gabilan mountains, but on the valley side the water is lined with trees—willows fresh and green with every spring, carrying in their lower leaf junctures the debris of the winter's flooding; and sycamores with mottled, white, recumbent limbs and branches that arch over the pool. On the sandbank under the trees the leaves lie deep and if he runs among them the sand in the evening night tracks of 'coon ranches, and with

Dictionary

recumbent | rɪˈkʌmb(ə)nt | adjective

(especially of a person or effigy) lying down:

recumbent statues.

- (of a plant) growing close to the ground. ...

Thesaurus



Resources from the school

Use the STL Link English page

Student access and parent access





St Leonard's College
An education for life.

Contact us | Alumni

STLLink Login

Forgotten Password

Site search



Home About St Leonard's Our Community Teaching & Learning Wellbeing Beyond the Classroom Admissions



A chance to be *united*

Early Learning Centre

Junior School

Middle School

Upper School

Camp Ibis



- > Community Day Fair 2013
- > Music Theatre Guild Awards

Meet the Principal

Video

Event Calendar

Book a Tour

Latest news

> Community Day Fair 2013





STL Link

[Home](#) / STL Link Home

Welcome to STL Link - a portal for students, parents and staff

STL Link is the gateway to information and resources relating to College life. There are several menu tabs across the top of the page:

Learning: Dynamic information uploaded by teaching staff with course information, resources and other learning material.

Cocurriculum: A myriad of opportunities to become involved in activities outside the classroom. Everything from Community Sport to Outdoor Education extension activities can be found here.

Information: Useful resources and links to information such as News of the Day, St Leonard's News, Canteen Specials, Parent Coffee Mornings and Important Announcements are accessible to the St Leonard's community.

College Data: Access to user specific information like student timetables. Parents can see additional information such as student absences, direct teacher contacts and a way to keep personal details current. Students will also see their classes and email access below.

STL Link is a work in progress and additional features will be added in the coming months.

Year 9



Home / Learning / Middle School / Year 9 / Home

Art

Art - Social Communication

Cornish Resource Centre

CUE

Dance

Drama

Duke of Edinburgh

English

Examinations

Food and Technology

French

ICT Tips

Indonesian

Information Technology

iPad

Japanese

Learning Support

Literature

Mathematics

Music

Outdoor Education

Product Design and Technology



Year 9 English 2015

Curriculum Overview 2015

Term One: Literature study: *Of Mice and Men* Steinbeck. This is assessed by means of an oral presentation and a text essay.

Grammatical and spelling skills are covered through *English Skills Builder Book 2*.

Work on essay writing techniques is undertaken.

Term Two: The semester 1 exams commence April 27 and will include a text response to *Of Mice and Men* and another extended piece of writing (either persuasive or narrative).

Grammatical and spelling skills are covered through *English Skills Builder Book 2*.

Work on essay writing techniques, in particular persuasive and narrative writing, is undertaken.

Literature study: *A Midsummer Night's Dream* (Shakespeare).

Term Three: Oral work: students each give a class talk as part of the Dr Norman Fary Public Speaking Competition.

Year 9 Semester 2 Exams commence 31 August. The exam will include a text response to *A Midsummer Night's Dream* and another extended piece of writing (either persuasive or narrative).

Literature study: *A Midsummer Night's Dream* (Shakespeare). Assessment is by text response essay.

Grammatical and spelling skills are covered through *English Skills Builder Book 2*.

Work on essay writing techniques is undertaken.

Term Four: Theme study: Our Faces, Our Places...a celebration of Australia.

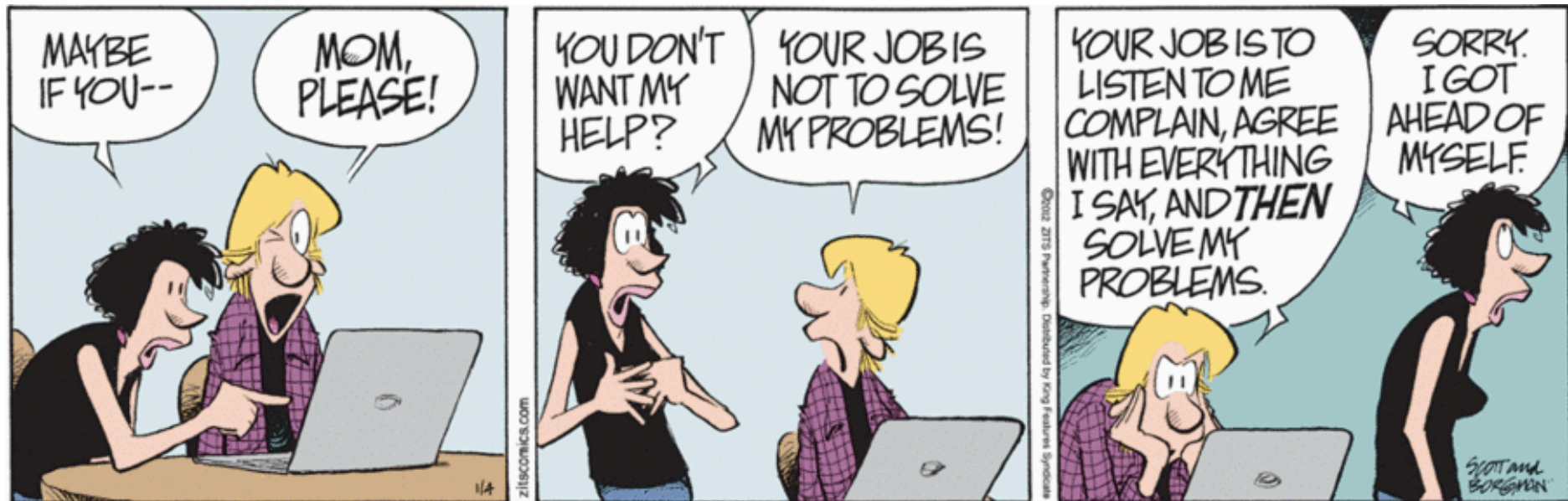
Grammatical and spelling skills are covered through *English Skills Builder Book 2*.

Pages

- > [2. Blog](#)
- > [3. Curriculum Overview 2015](#)
- > [4. Assessment Criteria Sheets 2015](#)
- > [5. Of Mice and Men](#)
 - > [Activities](#)
 - > [Assessment Tasks](#)
 - > [OMAM text response practice](#)
 - > [Vocabulary builder for Of Mice and Men](#)
- > [6. A Midsummer Night's Dream](#)
 - > [Context](#)
 - > [Globe Theatre](#)
 - > [Shakespeare](#)
 - > [Text response essay](#)
- > [Essay Writing Guide](#)
- > [Exam Preparation](#)
 - > [Semester 1 Exam](#)
 - > [Semester 2 Exam](#)
- > [NAPLAN Overview](#)
- > [Our Faces, Our Places](#)
 - > [Australian Poems](#)
 - > [Exploring Stories of Migration](#)
- > [Persuasive Writing](#)
- > [Wider reading](#)
- > [Year 9 English 2015](#)



What can parents do to help?



What can parents do to help?

Reinforce positive messages about English at home.

Read the English texts.

Then you will be able to engage in active discussion about texts.

Ask questions about the texts to get your children thinking about the texts.

A useful questions: WHAT MAKES YOU SAY THAT? Then, your child will have to think a little harder...because a deeper response is required.

Offer to proof read essays.

Listen to orals.

Help your child improve their vocabulary...highlight simple words in essays and encourage your child to think of other, more precise words that might be appropriate.



What texts should I know about?

YEAR 8

Billy Elliot (film)

The Boy in the Striped
Pyjamas

The Ghost's Child

YEAR 9

Of Mice and Men

A Midsummer Night's
Dream





Using Technology effectively for study



St Leonard's College

An education for life.

George Katris
eLearning Coordinator

Organisation



St Leonard's College

An education for life.



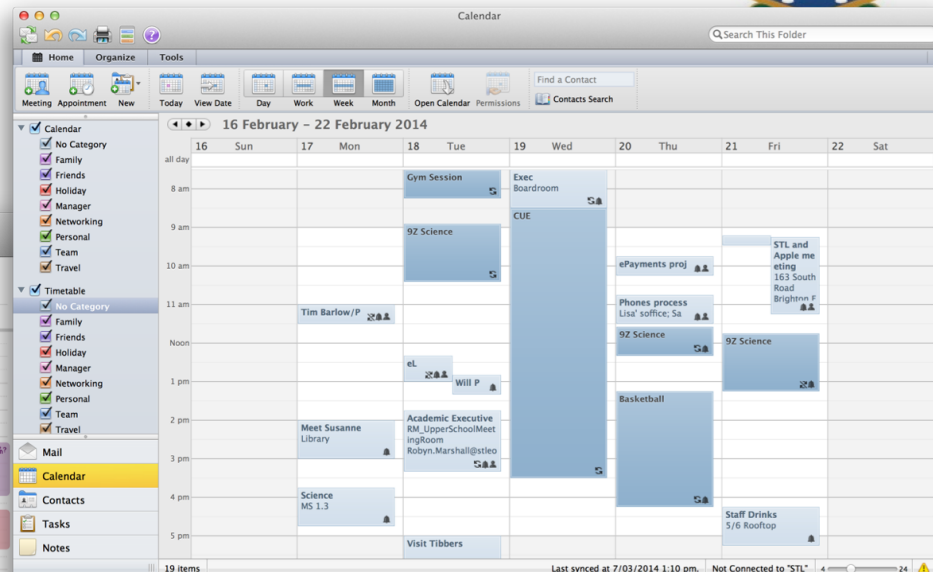
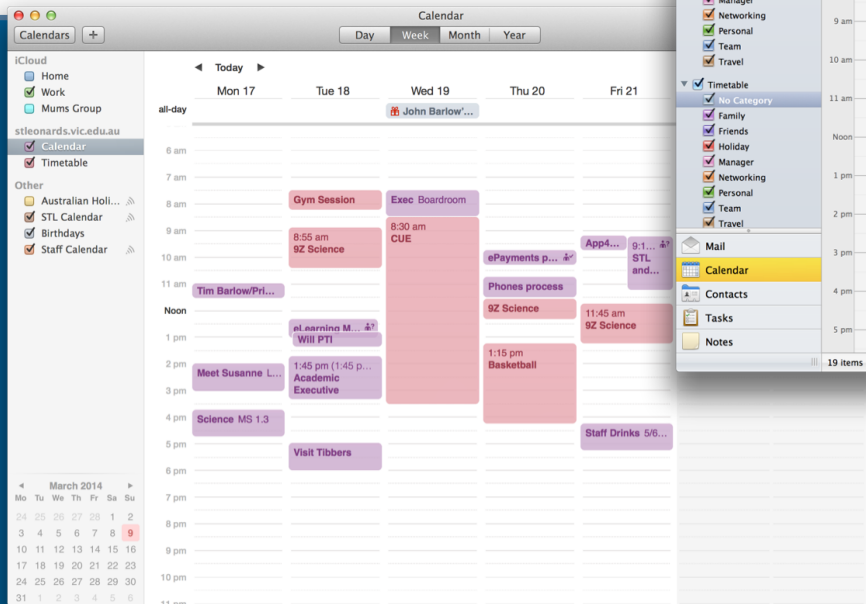
Increased efficiency



St. Bernard's College
Education for life.



Calendars



<http://learn.stleonards.vic.edu.au/calendar/>

Notes



St Leonard's College

Welcome to Stickies v7.0b!
I hope you find it useful.

The Stickies web site can be found at
www.zhornsoftware.co.uk/stickies

Press F1 at any time to call up the help file for more information.

Tom Revell
(<mailto:tom.revell@zhornsoftware.co.uk>)

how do you treat people of authority?
what would you tell people about your community?
how did you pick out your outfit?
women in racing

allround your private cold doctor

blogs:
forever facebook????
moms bad photos
sisterhood
orientation-hypnotist
concert
gloveshark
awkward shoe thing
homecoming
brics
Fall Break
my first all-nighter!
tomatoes!

pamela steed-indianapolis 317-338-6464
dave newson dknewson@landlakes.com

american eagle
Stella21
<http://menmyhouseblog.blogspot.com>
<http://www.stumbleupon.com/su/2GISIQ/>
<http://band66day.com/>
<http://www.vanilagarlic.com/2007/04/zucchini-cupcakes-with-cream-cheese.html>
<http://www.etsy.com/shop/lisboutique>

oh stella techno remix?? build too
last paced build song for the beginning??

Petersburg Lions -
United Way -
Ministerial Association -
Pike County Democrats -
Jaycees -
Kiwanis -
Winslow Lions
Chamber

does your wallpaper have monkeys on it? - my grandma
nope, just flowers. - me
that's too bad. - my grandma

press dispatch
hair salons
somewhere in time
china wok
this and that
whitehorse antiques
potting shed
subway
hardware store
hallmark
main et diner
sweet stuff
zone 13
stacy
log ends
barber
the library
Old Flower Shop
winslow market
ouffiter's station
bertram feed & supply
423 smokehouse bbb
log ends
leighty's
village inn
joe mamas
caddysback
ole country woodshop

dr. offices
nursing homes
churches

when asked what inanimate object
compare myself to, numerous things
mind. first of all, i am like a group
versatile and can be anything you
be. a blanket, robe, cape, prom
best friend. but thats not the only
product i am similar to. i am also
egg. tough, but not so tough i'll
raw.

1. Seatbelt-McDonalds
2. Oakland-Denny's
3. Oakland-Main St.
4. Washington-S 57
5. Washington-Hey 50
6. Indy-405
7. Petersburg-Dairy Queen
8. Zionsville-??

Banking10

note to self
5:01 PM
Biscuits
12:45 PM
Max Headroom
2/12/12
Work with Aaron and sky to ge...
9/5/11

Biscuits
Feb 15, 12:45 PM

2B o'malley
SS figureoa
C Vogt
IB Wrigley
RF Kang
3B Sexton
DH Sweeney
LF Shelby
CF Velazquez
P Paduch

Suns
CF Mattison
3B Gran
DH Negrych
IB Montz
RF Romero
LF Smolinski
C Skipworth

Sunday- Desperate Housewives
Brothers & Sisters
Monday- Chuck?
Tuesday- Glee
Wednesday- Modern Family
Thursday- Scrubs
The Office
Private Practice

3 red velvet
1 choc on choc

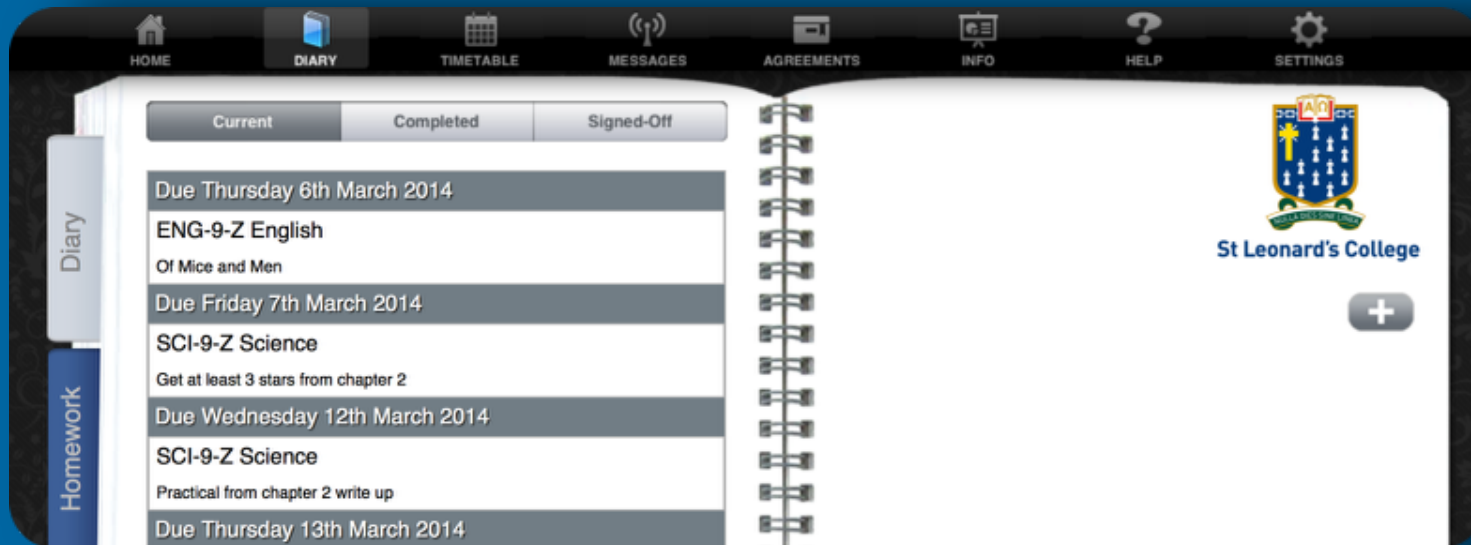


App4



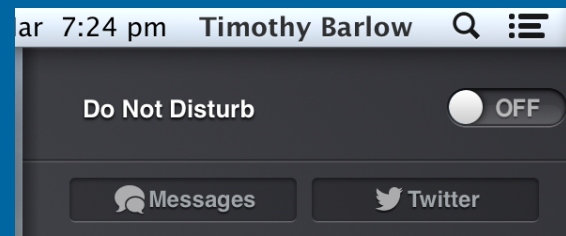
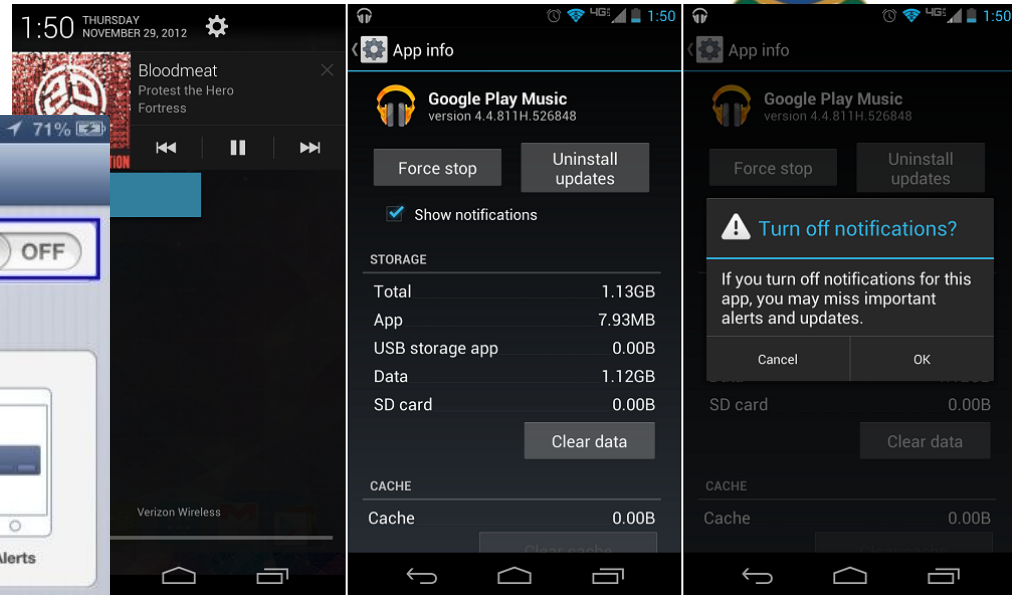
St Leonard's College

An education for life.



<http://stleonards.app4.ws/>

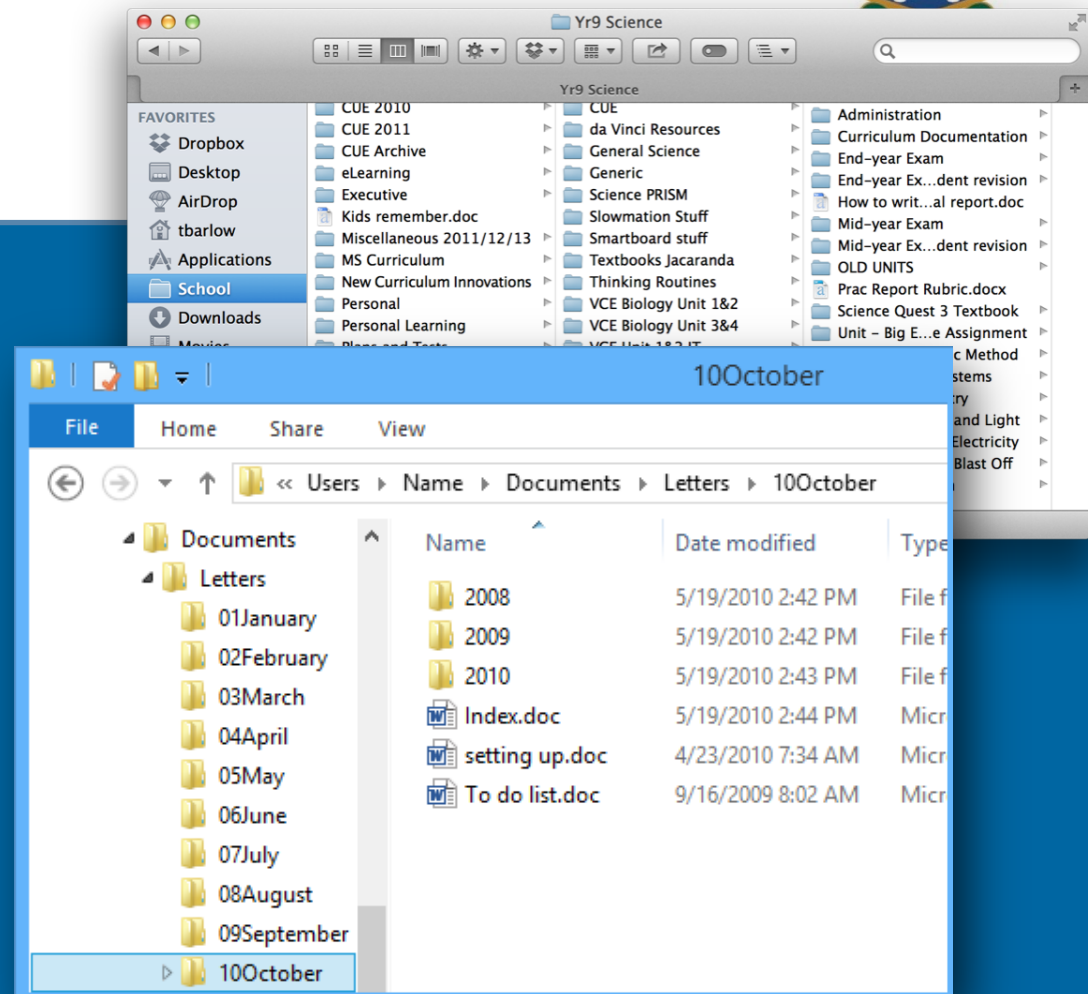
Turning notifications off



Files and Folders



- Consistent naming.
- Start with the year and month.
- A folder for each subject with sub-folders.

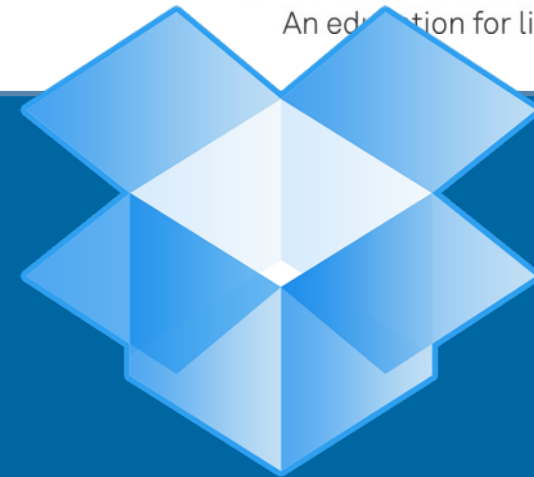


Google Drive, iCloud, OneDrive or Dropbox



St Leonard's College

An education for life.



 OneDrive

Podcasts and YouTube



St. Leonard's College



Flashcards



St Leonard's College

An education for life.



Quizlet

STL Link



St Leonard's College
An education for life.

[St Leonard's Website](#)

[Password Management](#)

Site search



[Home](#)

[Learning](#)

[Teaching](#)

[Cocurriculum](#)

[Information](#)

[Administration](#)

STL Link

[Home](#) / STL Link Home

Welcome to STL Link - a portal for students, parents and staff

STL Link is the gateway to information and resources relating to College life. There are several menu tabs across the top of the page:

Learning: Dynamic information uploaded by teaching staff with course information, resources and other learning material.

Cocurriculum: A myriad of opportunities to become involved in activities outside the classroom. Everything from Community Sport to Outdoor Education extension activities can be found here.

Information: Useful resources and links to information such as News of the Day, St Leonard's News, Canteen Specials, Parent Coffee Mornings and Important Announcements are accessible to the St Leonard's community.

College Data: Access to user specific information like student timetables. Parents can see additional information such as student absences, direct teacher contacts and a way to keep personal details current. Students will also see their classes and email access below.

Forming good habits



St Leonard's College

An education for life.



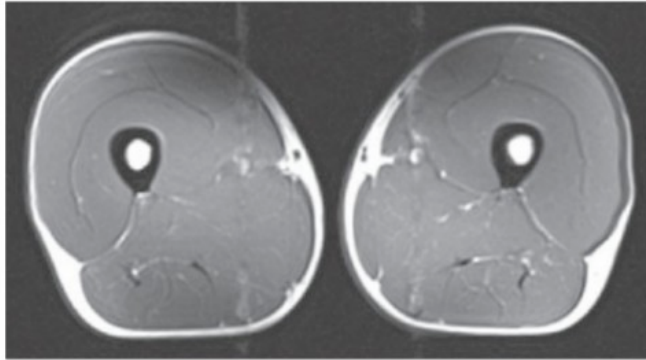
Preparing for Tests and Exams

Emma Hall

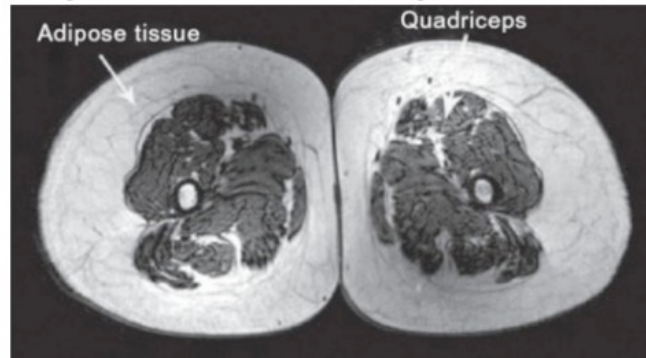
Learning Support Coordinator



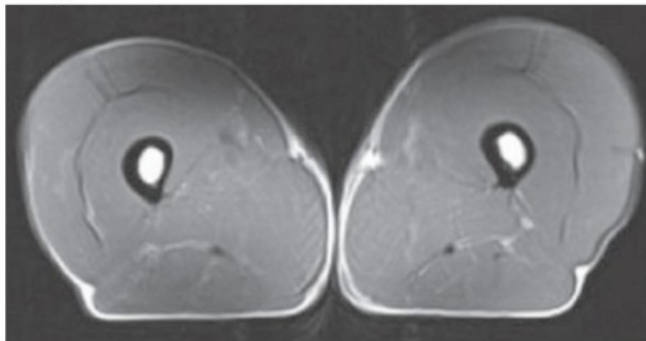
40 year old triathlete



74 year old and sedentary



74 year old triathlete:



The use it or lose it principle
of learning



- 1 Set Your Goals
- 2 Learn how to study
- 3 Prepare for Examinations and tests
- 4 Know Yourself



Starting Point – Set Goals

The idea of a Goal should include:

1. A target to aim for
2. A future realistic outcome
3. An outcome that can be measured
4. Effort in preparation or strategies to achieve the stated outcomes



Learn How to Study

What is study?

Study can be very puzzling. It is often assumed that all students know how to study. Study is, however, a set of skills and strategies that are acquired over time, and they improve with practice and experience so that we become more confident and more effective learners.



Prepare for Tests and Examinations

- Too often test preparation is confused with CRAMMING and catching up on work that was not actually done. Students often think that a list of exam tips/pointers, some long hours spent cramming information and a lack of sleep are a substitute for thorough preparation.
- The keys to achieving the best results in tests are OPS:
- Organisation
- Preparation and Practice
- Study Skills



Know Yourself

- It is important to know yourself – physically, mentally, emotionally, socially and academically.
- Know your learning style – VAK
- Visual learning
- Auditory Learning
- Kinesthetic learning
- Know your dispositions or ‘Habits of Mind’.

