

Elevate Parent Seminar

Dover Court

International School

28/08/2018



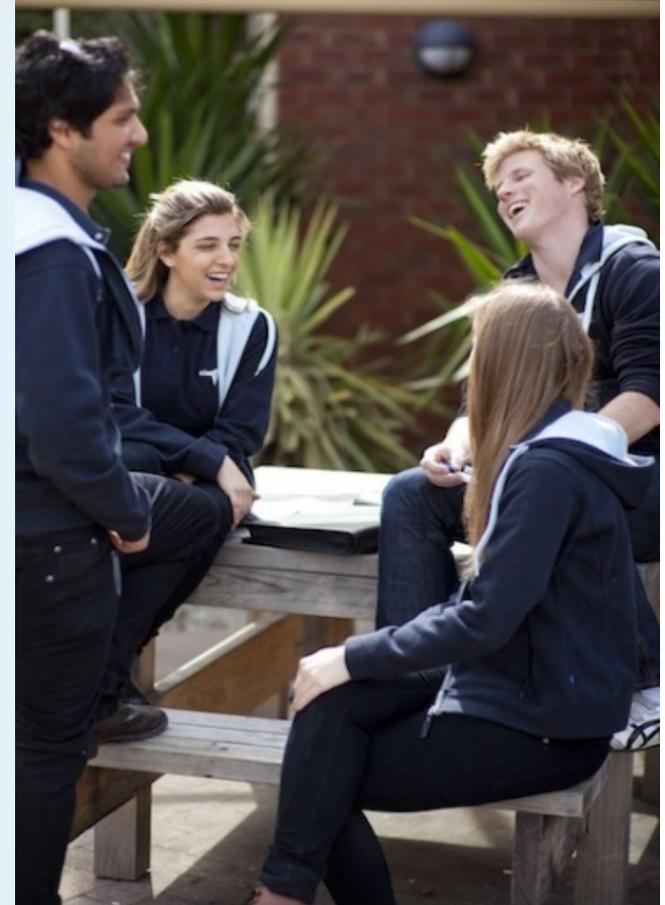
Elevate Education – Who are we?

Research: Why do the top students get the top results?

Work with the top students around the world (2000+ schools, across 5 countries)

13 key study habits

Seminars, 1 on 1 coaching, and STEM



13 key skills



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Time Management

Elevate Education – Study Timetables

 Sport	What? _____ When? _____
 Social	What? _____ When? _____
 Hobbies	What? _____ When? _____
 TV	What? _____ When? _____
 Job	What? _____ When? _____

Elevate Education – Study Timetables



August 2016



Study Timetable

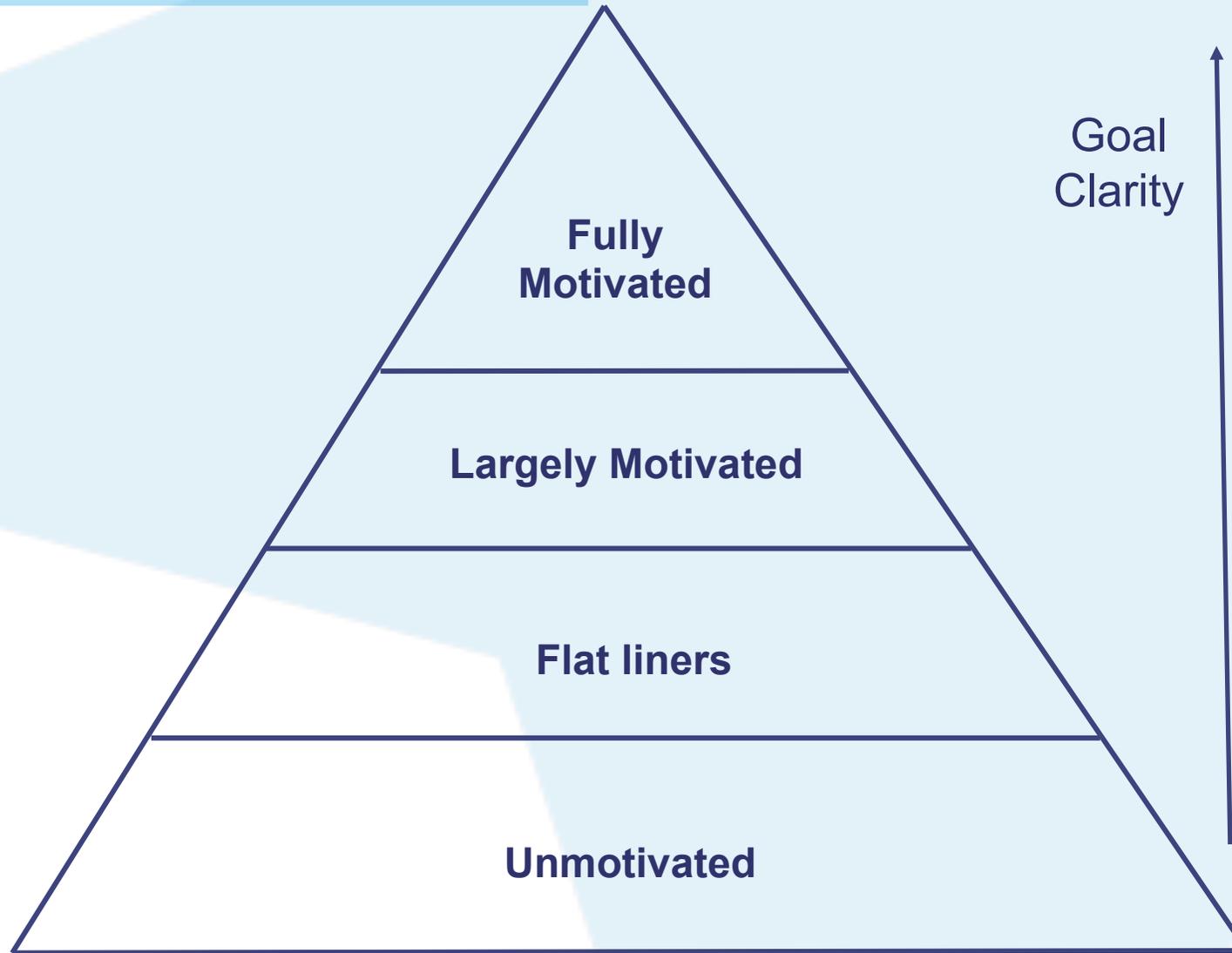
One of the hardest things about being a student isn't necessarily the actual *work* we'll be doing, but rather finding the time to *DO* that work. We all lead busy lives, we procrastinate, and there's always something we'd rather be watching on Netflix than doing homework. One of the best ways to make sure we've got the time to study is to create a study timetable. Before you cringe at the term, check out the 3 steps below for making a study timetable that you will



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Motivation

Hierarchy of Motivation



www.myfuture.edu.au

Setting a goal

Step 1: Consider options and write down what you want to do

Step 2: Determine entrance requirements

Step 3: Account for rising entrance scores

Step 4: Write the goal down & make it visual

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What to do

3 types of work

1. Practice Papers
2. Making notes during term
3. Extra reading
[literary analyses, in depth facts, alternative arguments, quotes]

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Dealing with Technology

Dealing with tech

- ~~Controlling behaviour~~ → self-regulating behaviour
 - High powered vs low powered work



SelfControl

A free Mac application to help you avoid distracting websites.

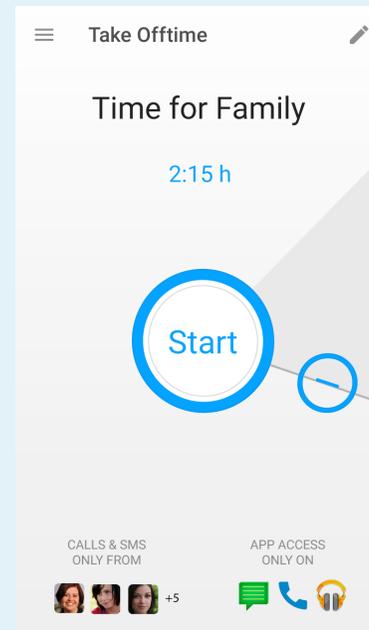
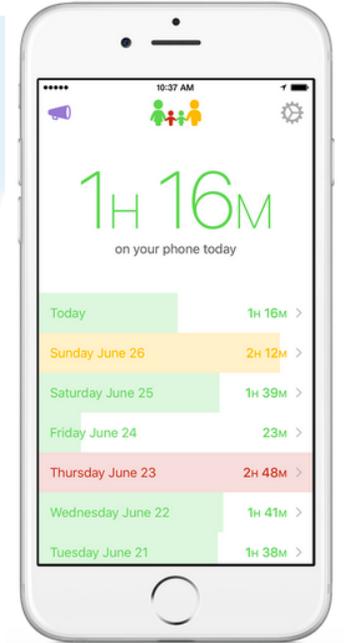
Download SelfControl

v2.2.2, for Mac OS X 10.7+

Users of older OS versions can [download SelfControl 1.5.1](#) for Mac OS X 10.5+.



Put down your phone and get back to your life



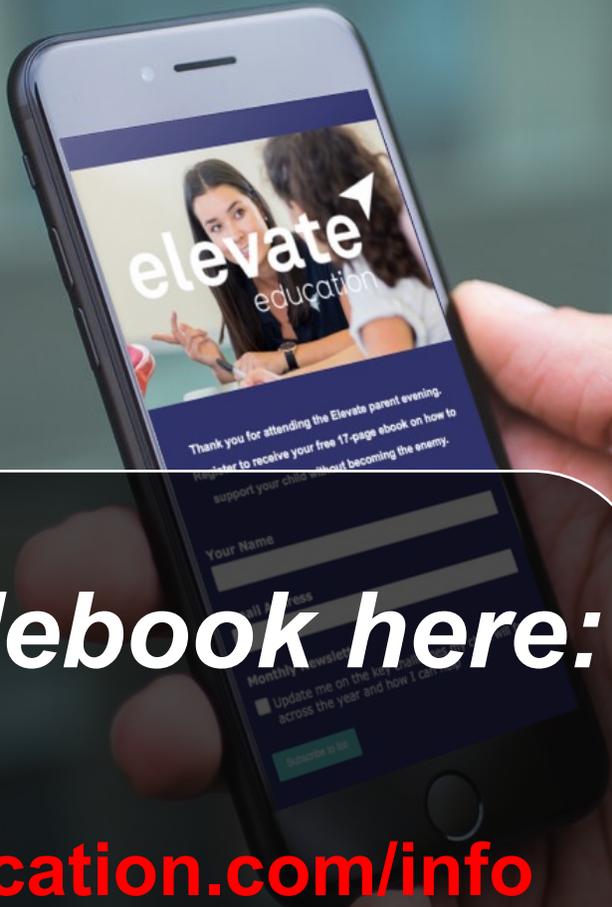
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