

# Essential Study Skills For High School Students

## 1 Day Public Workshop

**Learning how to learn is perhaps the single most important skill every high school student should know.** Yet many high school students struggle to cope with the large amount of information they are required to read, learn and remember. Fortunately there are a number of fun, simple and powerful study techniques which students can use to learn new information quickly and more easily.

In this fun, fast-paced 1 Day Study Skills course students discover the 3 key study techniques every high school student should know - **Memory, Effective Reading and Visual Thinking Skills.**

**Workshop designed and delivered by Australian Memory Record Breaker Chris Lyons who in 2006 correctly recited Pi to 4,400 places without error.**

*Chris has appeared on The Today Show, A Current Affair, Today Tonight and demonstrated how effective memory techniques can be on radio stations all around Australia. In 2008 Chris won the Australian Memory Championships Names competition by memorising 46 people's names in just 5 minutes.*

### Purpose Of Workshop

- To give high school students a rapid and effective introduction to Memory, Effective Reading and Visual Thinking techniques
- To show students how to apply these techniques to their day-to-day studies to save time and achieve better grades
- To provide students with an easy-to-follow Action Plan to help them apply and practise their new found skills after the course

### What Students Learn

Students learn the following High School Study Skills essential to their academic success...

- **Your Memory** - how much of your true potential are you using?
- The real reason students forget things - and why this is good news
- The keys to remembering what you need to at school
- How to lock in study information using brain-friendly techniques
- The 3 most effective memory systems for studying
- Which memory techniques work best for which subjects
- How and when to review information to maximise recall

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- **Effective Reading** - how well do you currently read and what's possible?
- Why most students read below their potential and with poor comprehension
- 4 key techniques to increase your reading speed, focus and comprehension
- How to quickly double your reading speed through effective practice
- How to remember more of what you read and study using the BDA approach
- Reading strategies for different types of study material
- **What is Visual Thinking** and why is it such a powerful study technique?
- How to use Visual Thinking to make quick and memorable notes
- How to use Visual Thinking to plan A+ essays
- How to use the GO method to plan and prepare assignments and projects
- How to use Visual Thinking to organise and manage all your study notes
- How to get started with Visual Thinking quickly and easily

"It was miraculous. I could actually remember a lot of things in a few short minutes! I learned a variety of clever memory and reading techniques."

**Shagana Paramanandan, Year 11 Student, Melbourne**

"This workshop is amazing! You don't know how much I needed this! These techniques are very smart and easy to adapt to."

**Jack Avery, Year 7 Student, Sydney**

"This was a brilliant workshop in which we learned invaluable skills which will help me throughout school."

**Thomas Martin, Year 9 Student, Sydney**

"This workshop is fantastic. The skills and techniques I've learned here will help me greatly in studying."

**Matthew Nguyen, Year 11 Student, Sydney**

"Absolutely perfect! Loved the whole thing. Has to be the easiest way to learn, remember and make study notes more effective."

**Michael Cole, Year 9 Student, Sydney**

"This course has shown how a few simple techniques can astronomically help with both memory and reading. Learning 25 elements of the periodic table, in order, in less than 10 minutes! I recommend this to everyone!"

**Andrew McLean, Year 10 Student, Scots College Sydney**

"Exceeded even my own expectations. Gloop's techniques are outstanding with undeniable results."

**Jenny Jones, CFO**

**Victorian Curriculum And Assessment Authority**

"Why didn't we learn this in school? These techniques really should be taught to every student in the country!"

**David Eastwood, Melbourne Parent & Company Director**

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## Delivery Format

- Fun, fast-paced 1 Day Workshop open to all high school students
- Exclusive, interactive small group training
- Small group size to maximise individual attention and learning
- Limited to just 12 students per workshop
- Includes free access to the Essential Study Skills 7 Day Online Follow-Up Program to help students practise and apply what they learn at the Workshop

## Presenter

- Designed and delivered by Australian Memory Record Breaker Chris Lyons. Over the course of the last 4 years Chris has delivered more than 100 presentations, training courses and coaching programs for high school students showing them how to study more effectively and improve their grades.

"The methods to remember things are as easy as anything. Thank you for your tips and this will definitely help me through high school."

**Martin Tran, Year 8 Student, Strathfield**

"Very interesting, helped me to understand how to increase the productivity of my study. The memory techniques work great and the speed reading will come in handy not only in school but also in the work place. All up a friendly environment and a great teacher. WORTH EVERY MINUTE!!!"

**Oscar Lonergan, Year 10 Student, Sydney**

"I learned a lot more than I thought I would. I can now speed read and remember many different things."

**Matt Reckling, Year 9 Student, Scots College Sydney**

"Great course. I learnt great new skills. I would recommend this to everyone."

**Bayden Hunt, Year 9 Student, Hunter Valley**

"This workshop was incredibly helpful and I feel like I have so much more potential than I knew. It showed me how to use my brain to the best of its ability."

**Michelle King, Year 11 Student, Sydney**

"I found the workshop extremely beneficial, in that little amount of time my memory doubled in power. The techniques were fantastic and I will definitely use them in the future."

**Jack White, Year 10 Student, Melbourne**

"Chris's systematic approach shows students why and how specific study techniques deliver the skills required for optimal operation in presentations, assessment tasks and exams. With our new skills we could definitely read and memorise more quickly and effectively. The exercises were fun for the students and everyone improved their performance."

**Louella Barnes, Owner/Director**

**Phonics English Language Tutoring**

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## Where And When?

### - July School Holidays

- **Brisbane** - 0930 to 1630 on **Wednesday 1 July**  
at Quality Hotel Airport International, 528 Kingsford-Smith Drive, Hamilton
- **Melbourne** - 0930 to 1630 on **Wednesday 8 July**  
at The Metropole Hotel, 44 Brunswick Street, Fitzroy
- **Sydney** - 0930 to 1630 on **Friday 10 July**  
at The Woolcock Training Centre, 431 Glebe Point Road, Glebe
- **Canberra** - 0930 to 1630 on **Wednesday 15 July**  
at Halletts, Level 8, AMP Tower, 1 Hobart Place, Canberra ACT 2601

### - September/October School Holidays

- **Brisbane** - 0930 to 1630 on **Tuesday 22 September**  
at Quality Hotel Airport International, 528 Kingsford-Smith Drive, Hamilton
- **Melbourne** - 0930 to 1630 on **Tuesday 29 September**  
at The Metropole Hotel, 44 Brunswick Street, Fitzroy
- **Sydney** - 0930 to 1630 on **Friday 2 October**  
at The Woolcock Training Centre, 431 Glebe Point Road, Glebe
- **Canberra** - 0930 to 1630 on **Wednesday 7 October**  
at Halletts, Level 8, AMP Tower, 1 Hobart Place, Canberra ACT 2601

## How Much?

- **1 Day Small Group Workshop** including refreshments, full colour manual PLUS access to the 7 Day Online Follow-up Program = **\$395 including GST**
- **Early Bird Special** for a limited time = **\$295 including GST**, save \$100
- Group discount - book 2 or more places at the same course and receive a 10% discount off the total cost

**\*Special\* Book a place at any of our Study Skills Workshops  
for just \$295 per student for a limited time, save \$100.**

***\*Workshop Booking Form On Next Page\****

# Gloo Essential Study Skills Workshop Booking Form

**PLEASE COMPLETE CLEARLY IN CAPITALS. Thank you.**

## 1. WORKSHOP DETAILS - Please tick to select:

<b>BRISBANE</b> 1 Jul 2015	<input type="checkbox"/>	<b>BRISBANE</b> 22 Sep 2015	<input type="checkbox"/>	<b>Price Inc. GST</b> <b>1 place = \$295</b> <b>2 places = \$531</b> <b>Save 10%</b>
<b>MELBOURNE</b> 8 Jul 2015	<input type="checkbox"/>	<b>MELBOURNE</b> 29 Sep 2015	<input type="checkbox"/>	
<b>SYDNEY</b> 10 Jul 2015	<input type="checkbox"/>	<b>SYDNEY</b> 2 Oct 2015	<input type="checkbox"/>	
<b>CANBERRA</b> 15 Jul 2015	<input type="checkbox"/>	<b>CANBERRA</b> 7 Oct 2015	<input type="checkbox"/>	

## 2. STUDENT DETAILS

Name: _____	Email Address: _____
School: _____	Year: _____
Name: _____	Email Address: _____
School: _____	Year: _____

## 3. YOUR DETAILS

Name: _____	Email Address: _____
Postal Address: _____	Telephone: _____
How Did You Hear About This Workshop?: _____	

## 4. PAYMENT DETAILS

To complete your workshop booking please make payment to the following account:	
Bank: NAB	BSB: 082125
Account Number: 731131645	
Account Name: Christopher Lyons t/a Gloo Memory, Speed Reading And Study Skills Courses	
<b>So that we can confirm your booking and receipt of your payment please complete:</b>	
Amount Paid: \$ _____	Date Paid: _____
Paid From Account Name: _____	
Once your payment has been received we will email you your official Booking Confirmation including a receipted Tax Invoice for your payment plus further details about the workshop venue and timings.	
<p><b>**PLEASE EMAIL</b> your completed Booking Form to <a href="mailto:bookings@gloo.com.au">bookings@gloo.com.au</a>. **</p> <p>Or <b>FAX</b> to <b>02 8088 1337</b>. A small number of conditions apply to your workshop booking, to read these please visit <a href="http://www.gloo.com.au/ESSFHSS-conditions.html">http://www.gloo.com.au/ESSFHSS-conditions.html</a>.</p>	