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Teacher Notes

for

***Aiming high;
Studying for success***

Extended interviews with each of the student participants can be seen at www.studysuccess.com.au

Aiming High; Studying for success

TEACHERS WORKSHEET

Introduction

This 55 minute documentary program takes a personal look at *eight* high achieving *university* and *secondary* students, **Ashray, Bianca, Carla, Cassandra, Chris, Hong, Julian and Srigala** as they speak from experience about the study methods that have helped them achieve their personal best in their senior studies.

This program is quite dense with information. Teachers might choose to **STOP THE PROGRAM** at the end of each of the three sections to discuss the material to date.

Part One..... (duration 20 mins, beginning at 00.00)

Setting Goals

- be SMART
- independent learning
- enjoying study

Part Two (duration 16 mins, beginning at 20.00)

Developing an Action Plan

- a special study space
- morning, noon or night
- a realistic timetable

Part Three..... (duration 16 mins, beginning at 36.00)

Six Super Study Tips

- Study periods
- Organisation
- Research
- Reading
- Revision
- Practice exams

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TEACHERS WORKSHEET

Before viewing the program

1. Teachers might like to have a brief introductory class discussion around the key questions at the heart of this program;
 - a) How many students know what career they would like to pursue?
 - b) Which students have particular goals for this year? What are they?
 - c) Is it important to have goals? Why?
 - d) What does the term “*independent learning*” mean to you?
 - e) Is it possible to enjoy study?
 - f) Describe a good study space.
 - g) Does it make a difference whether you study in the morning, the afternoon or the night? What are people’s preferences?
 - h) How many students have a specific Action Plan for daily/weekly study? What plan works for you?
 - i) How much time do you spend studying at the weekend?
 - j) Does senior study require sacrifices, or is it just about managing your time?
2. In small groups, or in pairs, students could come up with a list of ***Six Super Study Tips***. The class could come back together, share the ideas and then discuss them.

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STUDENT WORKSHEET

While viewing the program

PART ONE: *Setting goals be SMART*

1. Hong believes that having a goal in studying helps to;
 - a) give a sense of
 - b) construct a
 - c) gives a sense of
 - d) keeps

2. What if we don't know what career we want to pursue? What goals can we set for ourselves?
 - a)
 - b)

3. What are SMART goals?
 - a) **S**
 - b) **M**
 - c) **A**
 - d) **R**
 - e) **T**

4. What are your own personal goals?
 - a)
 - b)

5. Complete the proverb quoted by Ashray.
 "Failing to plan

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6. An “independent learner” takes **responsibility** for his/her own learning and accepts that learning requires;

- a)
- b)
- c)
- d)

7. Name three possible distractions form study;

- a)
- b)
- c)

6. Enjoying study; how do you enjoy subjects that are difficult or don't really interest you?

- a)
- b)
- c)
- d)

7. Name three human personal support systems;

- a)
- b)
- c)

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PART TWO: *Developing an action plan*

- 7. What are the key ingredients of a good study space?
 - a)
 - b)
 - c)
 - d)

- 8. Things to avoid whilst studying;
 - a)
 - b)
 - c)
 - d)

- 9. Are you a morning, afternoon or night person for studying?
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- 10. What are some key aspects of a realistic timetable?
 - a)
 - b)
 - c)
 - d)

- 11. What should you keep in mind whilst studying for a purpose?
 - a)
 - b)

- 12. Other things to help you maximise your study time;
 - a)
 - b)
 - c)

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PART THREE: Six super study tips

1. Study periods

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2. Organisation

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3. Research

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4. Reading

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5. Revision

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6. Practice exams

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