Last week Prue Salter from Enhanced Learning Educational Services (www.enhanced-learning.net) ran a study skills session with Year 11, building on the work done with the boys in the previous years. The session focused on helping students identify changes and improvements they could make to their approach to their studies in order to maximise their results in their final years of school and in particular in the upcoming Preliminary examinations. The main areas covered with Year 11 were:

- setting up an effective home study environment
- managing resources for school (both paper and digital)
- working effectively at home and dealing with distractions
- managing time efficiently
- using the diary as a planning tool
- making brain-friendly study notes
- using a wide variety of active study techniques to suit individual learning styles.

Parents are encouraged to review the handout from the session with their sons and discuss the main areas identified where changes need to be made. Parents can also find extra study skills tips on the following website: http://studyskillstopipsparents.com/.

**STUDY SKILLS TIP FOR AUGUST - FINDING HELP**

*Where can you find help when you are struggling at school?*

**PERSONAL ISSUES**
If things in your life are upsetting you or stressing you this will affect your ability to learn effectively. Talk to your family, talk to your friends or other people you are close to or teachers you feel comfortable sharing with. However if you need additional support, make sure you find it rather than let things get worse. You can approach the counsellor at your school and they can give you some professional help or find someone who can help you with your specific problems. If you want someone to talk to, you can use Kids Helpline, a free confidential service: 1800 55 1800 or use the online service at www.kidshelp.com.au. It is much better to talk to someone rather than lock it all inside you.

**SUBJECT SPECIFIC ISSUES**
If you are finding a particular subject difficult, the first place you should seek help should be your classroom teacher. Firstly ask questions in class as problems arise. If you find you have too many questions to ask in class (as you’d end up disturbing the class) then ask your teacher if you can make a time to see them before or after class or during lunch or after school. Teachers are happy to help students who do their best and are keen to improve. Other places you might be able to find help are: books or extra textbooks in the school or local library, other students in the class, students in older years, other teachers at the school, family members, family friends. If you try all of these options and are still having problems, then you might consider looking for a tutor. Often ex-students from your school who are at university might be interested in doing some tutoring or even teachers at other schools. You can ask your teacher if they can recommend anyone.

**LEARNING ISSUES**
If you aren’t having trouble with a specific subject, but are finding learning for school in general difficult, the first people to talk to are your parents. You might like to write down your feelings or what you are experiencing so you can explain things to them clearly. Your parents can then help you decide what steps to take next. It is probably a good idea for them to talk to your teachers first to

**STUDY SKILLS TIPS - AUGUST 2014**
get their perspectives. They might make an appointment with one of the pastoral care staff like a Year Coordinator to sit down with you and your parents to talk through the issues you are experiencing. The school might also have learning support staff who can help you work out what your issues are and who the best people are to help you. If the learning support staff can’t help you, they will be able to refer you to outside services who can diagnose and address any learning issues you might have.

All students at our school also have access to a great study skills website to help students develop their skills. Go to www.studyskillshandbook.com.au and enter the username: forstgregsonly and the password: 60results and start improving your results today!

Catherine Keegan
Director of teaching and Learning