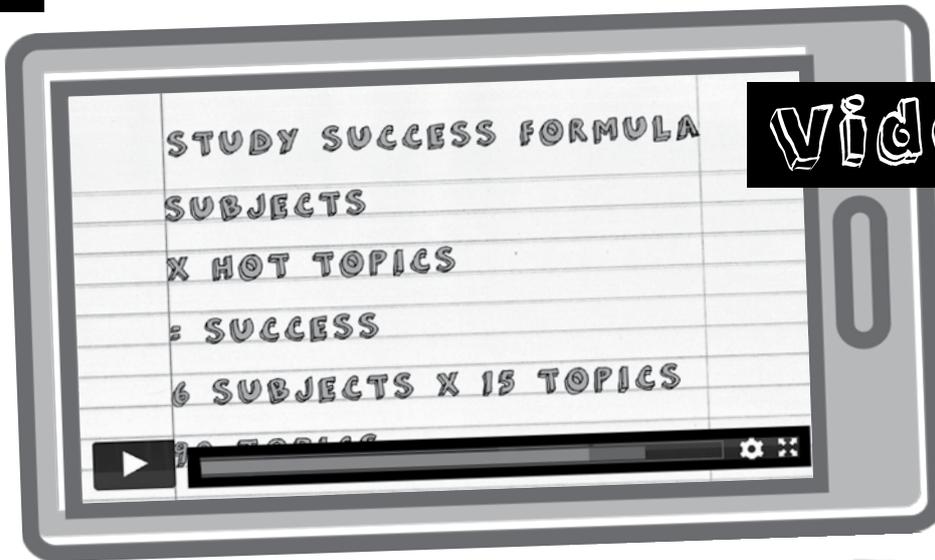




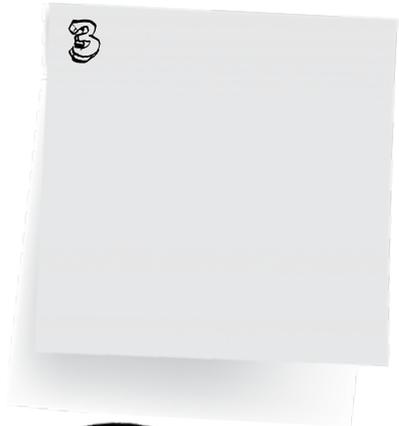
The study success formula

Plan



video

List 3 key takeaways from this video



STORY

STAY CALM
GET ORGANISED

When Eoghan came to see me for coaching he was really anxious. He had just failed all his mock exams. One of his biggest problems was his lack of organisational skills. He was constantly losing things. His backpack was a mess inside. He could never find his copybook, homework diary or pencil case whenever he needed them. He was afraid to participate in class because he thought people would think he was stupid.

"I'm such a dunce!" he thought.

Using the Study Success Formula, we started with History. First thing was to create a list. We wrote out the list of topics by looking at the chapter headings in the inside contents page. Identifying the HOT topics, we put a "H" beside those topics on our list. The HOT topics are the ones we thought had the best chance of coming up in the exams. Then we create our notes. In the later lessons, I will show you my cool note-taking method called WHIZGRID.

Eoghan had a locker but it was so disorganised. He could never find his gym gear, or the correct textbooks whenever he needed them. Even at home, Eoghan's bedroom was a mess. His stuff was strewn all over the place, his bed was never made and his clothes thrown all over the floor.

Story



When I started working with him, one of the first things we did was organise his schoolbag. We divided his materials into categories and gave them a place in his bag. His pens went in his pencil case, his textbooks in the bag compartment and copybooks in the front. He put his water bottle in the side pocket.



Then he cleared out his locker. The rule was no food in his locker. He had to put his sports gear in his sports bag. The new rule was he could only leave 5 items in his locker. And every time he opened his locker, if he put in an item, he had to take one item out. This helped him keep his locker organised.



The good news is 6 months later I got a phone call from a very excited lady. It was Eoghan's Mom. He just smashed an A in his History exam. He was thrilled. So was I. The starting point of success is getting your stuff organised.



“ The successful warrior is the average person, with laser-like focus. Bruce Lee ”

Game 1

DRAGONS' DEN

Imagine you have invented a new type of backpack. You are just about to go on the TV show Dragons' Den. Get into pairs, write out your pitch and then present it to the rest of your group.

1. What would make your backpack special?
2. Why would people buy it?
3. How would you use social media to sell it?



Plan

Game 2

LIGHTEN YOUR LOCKER

List out what you have in your locker right now. Draw a picture if this is helpful. What 5 items will you keep in your locker? What can you throw out? (If you don't have a locker describe your schoolbag instead).

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Game 3

STUDY SUCCESS FORMULA

Take one subject. List 5 – 10 topics. Identify the HOT topics. Discuss with your buddy which topics are the most important for your next exam.



Reflect and Connect

Rate each of the learning intentions below by shading each section. Read each statement and shade in the area to get a visual on how today's lesson was for you.

1 = Lowest level

5 = Highest level

6. I did my best and didn't give up

5. I worked well with others

1. I enjoyed today's story

