

Discover your learning style!

Visual Learning

Mind maps – Expand thoughts and link important concepts.

Pictures – Help to spark your memory.

Colours and shapes – Colour code different or similar concepts

Auditory Learning

Reading out loud – Consolidate information learned in class.

Flash Cards– Test yourself with a friend.

Mnemonics – Help to remember difficult words.
(ne – mon – ics)

Read/Write Learning

Note taking – Write information in your own words.

Make Lists – Make lists of information to remember.

Translate– Translate visual aids into written words.
Rewrite information.

Kinaesthetic Learning

Models and Diagrams – 3D models provide a different viewpoint.

Annotate text – Highlight or write notes whilst reading.

Physical Activities – Keep active whilst learning new information.

Where to next?



University / TAFE / VET



Full time / Casual Work



Apprenticeship



Travel / Volunteer / Working Holiday



Single lesson time chunking

50 minute lesson

5 MINUTES: BE PREPARED

Create a list of goals you would like to achieve in this lesson. Make sure they are SMART goals.

20 MINUTES: WORK HARD

Set a timer (Handheld timer or use phone)

Work towards completing your goal. Make sure you are not distracted within this time:

Sit somewhere quiet, Listen to music (Choose playlist) , Work outside,
Tell people around you that you are working for 20 minutes.

5 MINUTES: BRAIN BREAK

Give yourself a Brain Break. Make sure it is completely different!

Ideas: Lap of the oval, talk to a friend, scroll on your phone, Meditate

20 MINUTES: WORK HARD

Set a timer again (Handheld timer or use phone)

Work towards finishing your goal. Make sure you are not distracted within this time:

Sit somewhere quiet, Listen to music (Choose playlist), Work outside,
Tell people around you that you are going to complete your goal.



Double lesson time chunking

105 minute lesson

10 MINUTES: BE PREPARED

Create a list of goals you would like to achieve in this lesson. Make sure they are SMART goals.

30 MINUTES: WORK HARD

Set a timer (Handheld timer or use phone)

Work towards completing your goal. Make sure you are not distracted within this time:

Sit somewhere quiet, Listen to music (Choose playlist), Work outside, Tell people around you that you are working for 30 minutes.

10 MINUTES: BRAIN BREAK

Give yourself a Brain Break. Make sure it is completely different!

Ideas: Lap of the oval, talk to a friend, scroll on your phone, Meditate

25 MINUTES: WORK HARD

Set a timer. Work towards completing your goal.

10 MINUTES: BRAIN BREAK

Give yourself a Brain Break. Make sure it is completely different!

20 MINUTES: WORK HARD

Set a timer. Work towards finishing your goal.



FEELING UNMOTIVATED?

KEEP MOVING!

Use your time wisely.... Complete simple tasks such as:

Create a to-do list: Create a list of all the tasks you must complete. Try and order them from most urgent to least urgent.

Proofread: Proofread any work you have completed. Read it to a friend to see if it makes sense when read aloud. Reading backwards is a great way to pick up spelling mistakes!

Planning: Before you start any assignment, it is good to plan what is required. If writing an essay or report; work out how many paragraphs you will have, divide/allocate the word count, find websites you might use (Make sure you save them).

Create flash cards: If you have a test or exam coming up make some flash cards with relevant information or questions.



ASK FOR HELP!

Have you checked in lately?



Your SLH
teacher

Your HG
teacher

Your Mentor

Your subject
teacher

Senior
Leadership

Wellbeing
Team

SMART GOALS

S - Specific

M - Measurable

A - Attainable

R - Relevant

T - Timed

