

YOUR POST-SESSION TO DO CHECKLIST

1. Download the full booklet and slides to your computer (details on the first page) and have a look through these to see if there is anything extra that is useful for you, or anything you want to cut out and put on a board at home so you see it all the time as a reminder.
2. Discuss with your parents any ideas that resonated with you or anything you would like to try to further maximise your results or be more efficient. Talking it through helps to embed your understanding and will give your parents a feel for what you are dealing with.
3. Think about what you are like in the classroom in each subject, who you sit next to, and what you need to change to be more efficient and effective in class.
4. Examine the space where you work at home and how you file and manage all of the books and papers for school. Do anything you can to improve your study space and your organisational system.
5. Have a good look at the folders and files on your computer and see what you need to change to make it easier to find things later. Also think about your back-up system and what you would do if you lost your computer – can you still access your files?
6. If you don't have a Term Planner set up for at least this term with due dates for assessments on it, get that sorted ASAP. Might be a good idea to map out the whole year.
7. Think critically about what you do when you are given an assessment task notification, what sort of planning do you do, how quickly do you start, can you use any of the planning ideas from the session to modify your approach to assessments?
8. Track how much time you spend on your schoolwork this week. Are you happy with that? Does it seem like enough? Are you doing independent learning as part of it?
9. How effectively are you working at home? What are your main distractions and what are you going to try to manage these? Do any of the apps suggested appeal to you?
10. How do you structure your home study? Is it worth trying one of the 3 systems discussed in the session or modifying your current approach using some of the principles? How can you make sure you do what you need to do each day without wasting time?
11. Do you need to download the syllabus for each subject?
12. Make a list of the topics you have covered so far in each subject and tick off when you have done a first draft of study notes for that topic.
13. Show some of your study notes to a teacher, parent, friend and discuss how you might make the notes more 'brain-friendly' so they are easier to learn when you get closer to exam time.
14. Next time you have a test, look over the study techniques and see which ones you could add in – remember you are trying to increase the range of techniques you use so there are more paths in the brain to access and retrieve the information when needed.
15. Pat yourself on the back for all the things you ARE already doing! The aim is to keep just making little adjustments and improvements to help you manage the last years of school with the least amount of stress and the best results you personally can achieve.