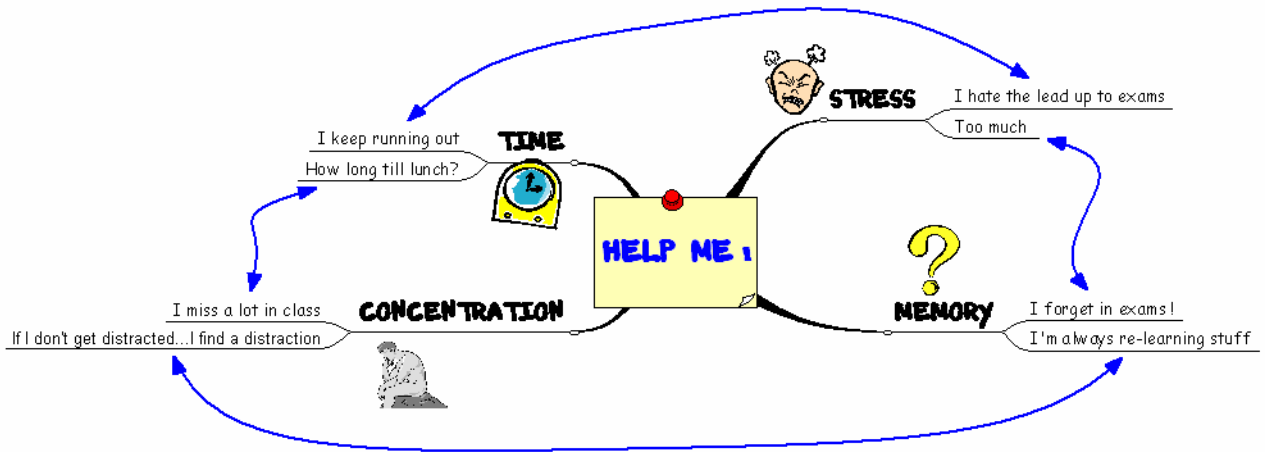




*“Success is only achieved when willingness and persistence overcomes self-doubt or failure”*



## Identifying a Purpose for Today

Have a go at identifying what you need...In which areas do you need the most help?

- |  |   |
|--|---|
| <input type="checkbox"/> Concentration             | <input type="checkbox"/> Getting more out of class            |
| <input type="checkbox"/> Motivation                | <input type="checkbox"/> Stressing less                       |
| <input type="checkbox"/> Doing homework            | <input type="checkbox"/> Studying for exams                   |
| <input type="checkbox"/> Organising your time      | <input type="checkbox"/> Remembering in exams                 |
| <input type="checkbox"/> Organising your workspace | <input type="checkbox"/> Expressing yourself clearly in exams |

Are you willing to discover new ways to study and prepare for exams?  Yes  No

Would you like to learn other methods that may help you to **remember more** in exams?

Yes  No

**Memory is Enhanced by:**

**How to use Active Learning:**

# **How to Prepare for Class:**

## **The Learning Formula:**

## **Let's Review:**

How many of the 12 bits of information given to you earlier can you recall?

## **How to Set Up Your Own Tour:**

# Do You Have a Sleep Debt?

As an adolescent with such a busy life, have you ever thought how you fit everything in? How do you manage to juggle school, sport and extra-curricular activities (like music, drama, debating etc.) with part time work, TV, telephone calls, computer games and a hectic social life? It's a wonder how you possibly fit in any time for homework and study?

Recent research has revealed that many adolescents are sleep deprived and carry a sleep debt. This affects people differently but the end result is the same – poor performance.

To help you discover if you have a sleep debt or are experiencing its effects, fill in the table below when asked and see how it might be affecting you.

(fill in the table below for a usual week. Use times to the closest 15 minutes)	Sunday Night	Monday Night	Tuesday Night	Wed Night	Thursday Night	Friday Night	Saturday Night
1. I go to bed at about (lights out time)							
2. I finally get to sleep at around							
3. I usually wake up the next morning	Mon Wake up	Tues Wake up	Wed Wake up	Thurs Wake up	Fri Wake up	Sat Wake up	Sun Wake up
4. I normally get this much sleep (the difference between 3 & 2) ie bed @ 11pm and wake @ 7am = 8hrs							
5. Subtract 9	-9	-9	-9	-9	-9	-9	-9
6. My daily sleep debt is (subtract 5 from 4) ie 8 hrs - 9hrs = minus 1 hr (-1)							
7. (add up all your totals from row 6 here) My Total Sleep Debt is around _____ hours per week and (x 10) _____ hours per term							

**Why I need adequate sleep:**

**I can't sleep because:**

**I can reduce my sleep debt by:**

# Designing a Study Time Table

Sometimes you just need to examine how you spend your time to be able to use it better. Have a look at this timetable to get you thinking about your week and ask yourself if you can fit everything you want to do in and still achieve your goals.

	Monday	Tues	Wed	Thurs	Fri	Saturday	Sunday
Wake up	6am	6am	7am	6am	7am	7am	11am
Before School	Sports Training		-		-	8-12 Sport	11-4 Eat & Computer
8.30am – 3.30pm	School						
After School	4-5.30 Homework 5.30-6.30 Computer / TV 6.30-7.30 Dinner 7.30-8.30 Study 8.30-10.00 Phone, MSN, Computer / TV					12-6 Chill  7pm Dinner 9pm Social	4-6 Homework  7pm Dinner 8.30 TV
Go to Sleep	11pm	11pm	11pm	11pm	11pm	2am	11pm

Now create your ideal timetable beginning with the appropriate amount of sleep, then place in all your commitments including homework, study, sport, part time work & social activities.

	Mon	Tues	Wed	Thurs	Fri	Saturday	Sunday
Wake up							
Before School							
8.30am – 3.30pm	School						
After School							
Go to Sleep							

What will you have to give up or let go of to spend more time studying?

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**“Start with the end in mind” - Take the Challenge !**

# Important Notes

# How to Create a Positive Learning Environment at Home



- Always refuel with food and water when you get home
- Do something that you enjoy for the first 15 minutes
- Listen to relaxing music to get you into the Alpha state
- Then put on Baroque music to stay in the Alpha state while you study
- Take regular breaks every 20 minutes
- Get Organized
- Study with Discipline
- Develop Good Habits
- Schedule Your Time
- Get Rid of Time Wasters & say No to Distractions
- Overcome Procrastination and Get Started Now!
- Create a vision of where you want your life to go

*This workbook has been compiled by Keynote Speakers*

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