



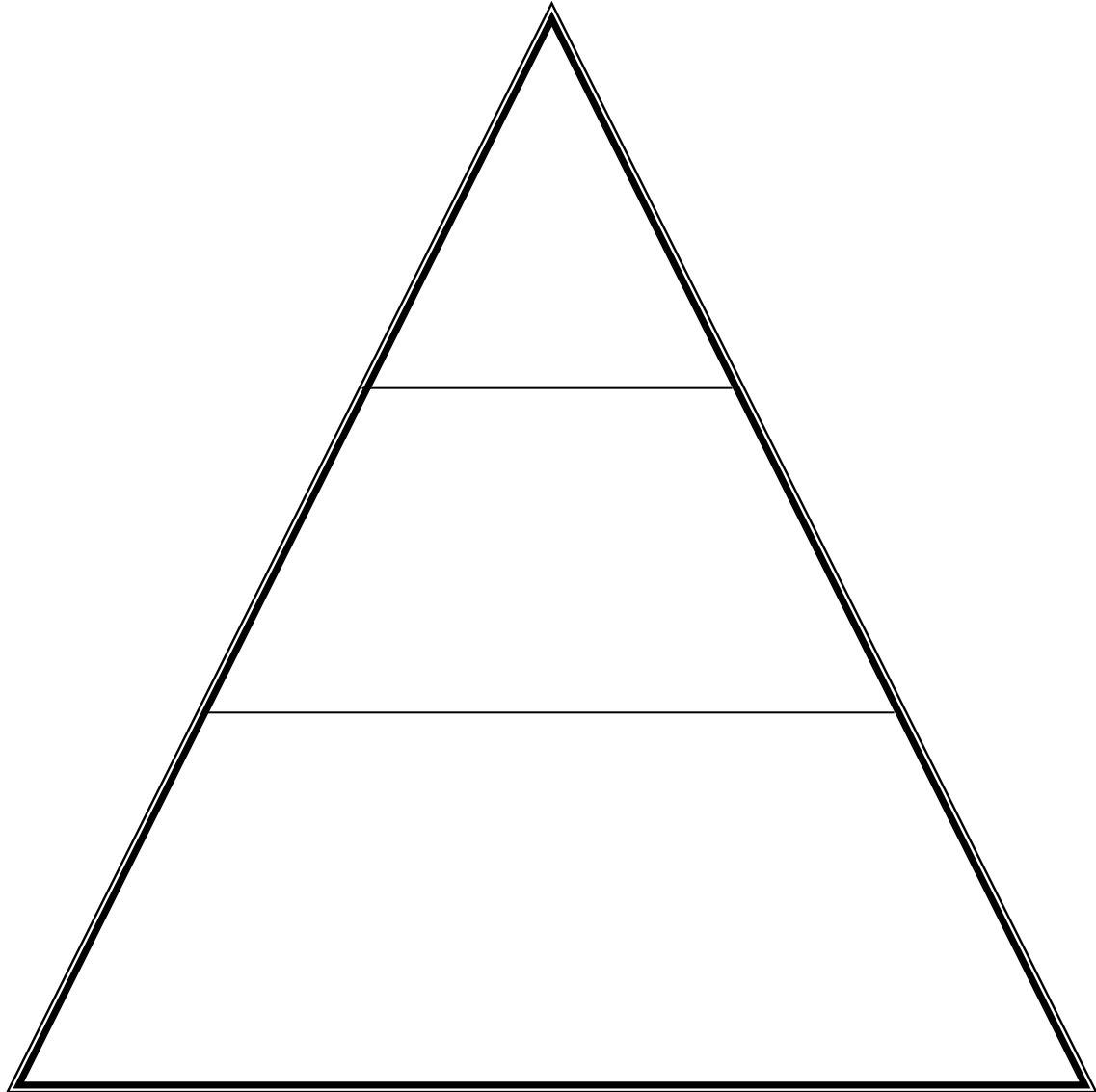
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study sensei

a guide to success **work book**

Path of the study sensei



To achieve your best you need to be doing all 3 steps.

Learn

Don't lose marks - Improve your learning process now

Rule 1:

How...

- 1.
- 2.
- 3.
- 4.

Rule 2:

How...

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Learn (continued)

Rule 3:

How...

Rule 4:

How...

1.

Most people need to reduce the amount of words they use in their notes by %

2.

**Got a Question?
Get it answered by an Elevate presenter at www.elevateeducation.com**

ALI'S TIP:

It is crucial to have a clear specific goal but when your motivation is wearing thin, try to shake up your routine by changing setting. Go to the library, study with friends, and take your notes to the beach if you are desperate. Research shows that when you spend any amount of time in a space you begin to attach certain emotions to it. When you get really bored you begin to attach that emotion to the environment you are studying in which means even after returning from a break you still feel bored. The answer, when you feel motivation or concentration waning – change environments.



I was lucky because my best friend's grandmother lived on a farm in Bowral. In the weeks leading up to exams we went down to Bowral where there were no distractions – no parties, no mobile phones, no sport. It was much easier to focus on study and because we were together we felt like we had actually spent a fun weekend anyway (believe it or not)!

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Tips

STEPHEN'S TIP:

The most helpful thing I found I could do during my final year was to master the art of the 5 minute study break.

The break should be taken every hour or so when you begin to feel your brain is about to implode. The break should involve some physical movement (shaking out limbs, stretching etc) and most importantly some fresh air.

Try not to exceed 5 minutes. The longer you break for, the harder it is going to be to get back into the study but you'll find even with a few minutes break that you will feel rejuvenated and your concentration will improve immeasurably.



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Master

Rule 1:

How...

- 1.
- 2.
- 3.
- 4.

Rule 2:

How...

Rule 3:

How...

*Let us know which of the Elevate tips work for you.
Tweet us @elevateed and share your successes with other students.*

Create

Creating is crucial in order to _____.

Creating means _____.

How...	<ol style="list-style-type: none">1.2.3.4. Look for:<ul style="list-style-type: none">▪▪▪5.
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The little things make all the difference!

To find out how to best use extra readings and where to get them go to www.elevateeducation.com

ANDREW'S TIP:

Work at a University Library.

We all know that when you work at home there are a heap of distractions that can and probably will take you away from getting work done. I found that one of the best things I ever did was deciding to work a few hours each weekend at the library. Some of the advantages were:



- 1 **No distractions.** University libraries are always deathly silent which means there is nothing to distract you; you don't know anyone there who can distract you and best of all there are no TVs or ringing phones. The libraries are so big that it is easy to find a place to hide away.
- 2 **Resources.** University libraries have a heap of awesome resources you can use. On the one hand there are a heap of cafes and places to eat so it is really convenient. Beyond that you have access to a great store of information like university databases, journals and books.
- 3 **Rewards.** I found that I could set up a work and reward system by using the uni library. A few friends and I would go to the library on a Saturday morning at ten, and aim to work through to two and then go from there to the beach.
- 4 **Motivation.** Even if you don't use a university library I usually recommend that everyone looking to go to university at least go and check it out. Have a walk through, speak to the people and get a feel for what life at university is like. For a lot of students this is where you will want to end up so getting a taste for it now can be a great motivator and act as the light at the end of the tunnel.

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