

Essential Study Skills For University Students

1 To 1 Private Study Skills Program

If you're at college or university, or you're starting shortly, then our **Essential Study Skills Personal Coaching Program** will show you how to read faster, remember more and achieve your best possible results. Which will make your college or university experience more enjoyable and less stressful! Designed and delivered personally by Australian Memory Record Breaker, Chris Lyons, this one to one coaching program will give you the knowledge, skills and confidence to study much more efficiently and effectively.

Focused on three key areas - **Memory Skills, Speed Reading and Effective Note-taking Techniques** - you'll learn how to absorb new information quickly and easily using simple yet powerful study techniques most university students are never ever shown. What's more, Gloop personal coaching is fun, fast and effective!

Program designed and delivered by Australian Memory Record Breaker Chris Lyons who in 2006 correctly recited Pi to 4,400 places without error.

Chris has appeared on The Today Show, A Current Affair, Today Tonight and demonstrated how effective these techniques can be on radio stations all around Australia. In 2008 Chris won the Australian Memory Championships Names competition by memorising 46 people's names in just 5 minutes.

Purpose Of Program

- To give you a rapid and practical introduction to Memory, Speed Reading and Effective Note-taking Techniques
- To show you how to apply these techniques to your day-to-day studies to save time and achieve better grades
- To provide you with an easy-to-follow action plan to help you apply and practise your new study skills after the program

What You'll Learn

- **Memory Techniques** - how much of your true potential are you using?
- The real reason we forget things and why this is good news
- The 3 essential keys to remembering what you need to at university
- The 3 most effective memory systems for studying
- Which memory techniques work best for which subjects
- How and when to review information to maximise retention and recall
- How to quickly memorise study information for tests and exams

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- **Speed Reading** - how well do you currently read and what's possible?
- Why most students read below their potential and with poor comprehension
- 4 key techniques to increase your reading speed, comprehension and recall
- How to quickly double your reading speed through effective practice
- How to remember more of what you read and study using the BDA approach
- Reading strategies for different types of study material
- Common reading traps students make and how to avoid them

- **Effective Note-taking** - why is note-taking such an important study skill?
- Common note-taking traps and how to avoid them
- How and when to make notes to maximise comprehension, retention and recall
- How to summarise study materials more quickly and easily
- How to use the GO method to plan and prepare assignments, projects and essays in a fraction of the usual time
- How to use effective note-taking to plan A+ essays and overcome procrastination
- How to combine memory, reading and note-taking techniques to produce a coherent approach to successful study

Who Will Coach Me?

All sessions are delivered personally by Chris Lyons who doubled the Australian Memory Record by reciting Pi to 4,400 places without error and won the Australian Memory Championships Names competition by correctly memorising 46 people's names in just 5 minutes.

Chris has appeared on The Today Show, A Current Affair, Today Tonight and has demonstrated how effective memory and learning techniques can be on radio stations all around Australia including 2UE, 2GB, 3AW and the ABC.

Frequently Asked Questions

Before you register for your Gloop study skills program here are the answers to some commonly-asked questions.

1. How Long Does The Study Skills Coaching Program Take?

For your convenience, you can choose between two delivery options each of which covers the same material, whether done online or face-to-face:

- **OPTION A: 1 Day Program.** Delivered in x1 day, usually from 1000 to 1600. Perfect if you want to cover all the material in the shortest possible time and in just one go.
- **OPTION B: 2 Session Program.** Delivered in x2 three hour sessions, one each week over a two week period.

With both options, the program is broken up in to a number of short modules each of which covers one or several key strategies or techniques, which progressively build on each other through the course of the training.

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The material is delivered in a fun, relaxed and humorous fashion to ensure maximum engagement and retention. Regular short breaks are also taken to maintain attention and focus. In this way, it is possible to easily absorb and learn the techniques covered whether done in one go or over a number of shorter, separate sessions. **1 Day Program Discount:** *As less preparation time is required when the program is done all in one go a \$100 discount applies to the 1 day program option.*

2. When Do The Sessions Take Place?

Available all year round and at a time to suit you, this study skills program can be taken on weekdays, Saturdays or selected Sundays. Face-to-face sessions at Gloop in Sydney take place during the daytime. Online sessions take place during the daytime plus are also available on selected weekday evenings

3. Where Do The Face-To-Face Sessions Take Place?

Face-to-face sessions take place in Balmain in Sydney's Inner West which is 5km or 10 minutes from Sydney CBD. Face-to-face sessions take place during the daytime. Alternatively, coaching programs can also be delivered at your home or place of work within the Sydney metropolitan area at no extra charge if done in one session. Not in Sydney or prefer not to travel? You can also take this course as an online program from the comfort and convenience of your home, see the next two questions for details.

4. How Does The Online Program Option Work?

For online programs we use a web-based training delivery platform which enables us to share video and audio in real time. So it is similar to a face-to-face session just done via computer or tablet and over the internet. The platform also allows us to share documents and you are able to view the supporting powerpoints we use as we progress through the training. For online programs you simply need broadband internet access plus a computer or tablet with webcam and microphone.

5. Is There Any Difference Between The Online And Face-To-Face Programs?

Both options are live, one to one training and cover exactly the same ideas, techniques and content. Some people prefer to learn face-to-face in the same room and so this is a good choice if you are based in (or can travel to) Sydney. Online programs offer more flexibility in terms of scheduling and can also save on travel time and costs. Both options work well, cover the same material and achieve the same results.

6. How Much Does The Coaching Program Cost?

The Essential Study Skills Coaching Program taken as a 2 session option costs \$895 including GST, whether done online or face-to-face. As less preparation time is required when the coaching program is done all in one go, a \$100 discount applies to the 1 day option which costs \$795 including GST. If you are interested in the program but it is beyond your budget, you can reduce the cost by taking the program with another person - see the next question.

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Alternatively, we also offer 2 separate, shorter programs which cost less, one focusing just on **Speed Reading** and the other just on **Memory Techniques**.

Another option is to consider attending one of our public workshops. For more details on these options please visit <http://www.gloo.com.au> or call us on 02 9089 8892.

7. Is It Possible To Take This Program With Somebody Else?

Yes, this coaching program can be taken with up to 2 additional people at the same time. Ideal if you have friends who would also benefit from the program. The cost for each additional person is \$200 including GST.

So if you take the 1 day coaching program with a friend the total cost is \$795 + \$200 = \$995 or just over \$495 each - a saving of almost \$300 per person.

8. I'd Prefer A Public Workshop. Where And When Are The Next Ones?

Over the years many university students have also chosen to learn speed reading and memory techniques at our public workshops. A great alternative to personal coaching, our small group workshops take place around Australia throughout the year.

Our next public courses are taking place shortly in Melbourne, Sydney, Canberra and Brisbane. For more details please visit <http://www.gloo.com.au> or call us on 02 9089 8892.

9. I'm Looking For Something Slightly Different

Customised coaching programs are also available. Please contact us on 02 9089 8892 for details. Customised programs may cost slightly more to cover additional design and preparation time.

Interested?

Simply visit...

<http://www.gloo.com.au/ESSUNI.html>

...and submit the 60 second enquiry form.

We'll then contact you within 24 business hours for a quick chat to check that the Program is right for you and to discuss your preferred coaching times.

Or if you prefer, you can contact us directly on **02 9089 8892**.

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Attendee Feedback

Gloo training is fun, fast and effective. Here are just a few comments from other university students who have already benefitted from our training and techniques.

"Excellent overview of mind and memory skills that will last a lifetime. Chris is an excellent teacher and facilitator, full of passion, energy and knowledge. Mind and memory skills are definitely a much needed tool in the business and academic arena. Kudos!"

Andrew Yeoh, MBA Student, Melbourne Business School

"Should be mandatory prior to any course requiring learning. Chris is a brilliant presenter and does a great job imparting the material. HIGHLY RECOMMENDED."

Arun Kannan, Doctor, Greenslopes Hospital Brisbane

"Very, very helpful. Spending the day with Chris really taught me some great study skills which I am now able to apply to my studies and benefit from feeling less overwhelmed. Great course."

Jim, IT Professional, Canberra

"Really unique approach to delivering the content of the program. Precise and straight to the point. Helpful techniques which are very practical and easy to apply. Really informative and entertaining, glad I came all the way from the Gold Coast. "

Alwaleed Altorabi, 2nd Year Student, Bond University

"A great program filled with really useful techniques to improve memory and reading ability. This program will definitely help me study for exams."

Nathan Hui, Student, QUT Brisbane

"This program was very useful and applies to everything you do for studies, work and even personal achievement. I highly recommend this program."

Alex Huynh, Law Student/Paralegal, Perth

"Simple and effective tools to use immediately. Very enjoyable, fun and interactive."

Adnan Mohamed, MBA Student, Sydney

"Today has given me tools I can use for studying a science degree after many years away from study. Chris is very entertaining."

Angie Byrne, Health Science Student, Brisbane

"Really enjoyed it. Will be very helpful for my studies as a law student."

David Hopkins, Law Student, Newcastle University

"Very useful. Covered many areas that will make studying more efficient as well as significantly increase recall and retention of knowledge."

Michael Vasimalla, Medical Student, Adelaide

"You will benefit 100% from this course. Best instructor ever."

Alaia, Student, University Of Queensland

Interested? Then call us on 02 9089 8892 or visit <http://www.gloo.com.au/ESSUNI.html>.