Speed Reading
Memory Skills
Study Skills

Essential Study Skills For High School Students

1 Day In-School Study Skills Course

If you are looking for ways to help your students study more effectively and achieve better results, then our Essential Study Skills Course is a must. Designed and delivered personally by Australian Memory Record Breaker and founder of Gloo, Chris Lyons, this fun, fast-paced 1 Day Study Skills Course gives students simple, practical techniques to overcome procrastination and approach their studies in a more organised and efficient way, helping them achieve better grades in assignments, tests and exams.

Focused on three key areas - **Memory Skills, Speed Reading and Effective Note-taking techniques** - students discover how to learn new information quickly and easily using simple yet powerful study techniques many other students are never ever shown. Plus Gloo Study Skills Courses are relaxed, friendly and fun!

Workshop designed and delivered by Australian Memory Record Breaker Chris Lyons who 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. Chris also won the Australian Memory Championships Names competition by memorising 46 people's names in just 5 minutes.

Purpose Of Workshop

- To give high school students a rapid and practical introduction to Memory, Speed Reading and Effective Note-taking techniques
- To show students how to apply these techniques to their day-to-day studies to overcome procrastination, save time and achieve better results
- To provide students with an easy-to-follow Action Plan to help them apply and practise their new study skills after the course

What Students Learn

- **Memory Skills** - how much of your true potential are you using?
- The real reason students forget things and why this is good news
- The 3 essential keys to remembering what you need to at school
- 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

Continued overleaf…

- **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 and projects 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

Delivery Format

- Fun, fast-paced 1 Day Workshop delivered at your school or via Zoom
- Typically run from 9am to 3.30pm, start time flexible
- Can be delivered to both smaller and larger groups from 20 to 120 students

Course Presenter

Study Skills Course designed and delivered in person by Australian Memory Record Breaker Chris Lyons. Over the last 21 years Chris has delivered hundreds of public and private workshops and coaching programs for individuals, groups and schools showing high school students how to study more effectively and achieve better grades.

How Much?

The following prices are based on delivery in the Metro Sydney area. We are happy to deliver this workshop in other locations around Australia, travel expenses from Sydney apply at cost.

Delivery Fee 1 Day Essential Study Skills Workshop plus access for each student to the 7 Day Online Follow-up Program **= $3,000 plus GST**

SPECIAL SAVE $1,000

Delivery Fee = $2,000 plus GST

Applies to workshops booked and paid for by 30 April 2024 for delivery between now and 30 June 2024.

Continued overleaf…

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Student Feedback

Since we started 21 years ago we've never had a single customer complaint or refund request. Not one. Just fantastic feedback from students who've attended our Study Skills Courses.

"While doing my VCE this course is going to be incredibly helpful. I can plan better, complete tasks quicker and read much faster."
Joanna Taylor, Year 11 Student, Melbourne

"I found the workshop extremely beneficial, in that little amount of time my memory doubled in power. The techniques were fantastic and I will definitely use them in the future."
Jack White, Year 10 Student, Melbourne

"Very, very useful, especially the reading techniques. This has helped me immensely."
Jarred Deluca, Year 11 Student, Kellyville

"This workshop was incredibly helpful and I feel like I have so much more potential than I knew. It showed me how to use my brain to the best of its ability."
Michelle King, Year 11 Student, Sydney

"This workshop is amazing! You don't know how much I needed this! These techniques are very smart and easy to adapt to."
Jack Avery, Year 7 Student, Sydney

"Without this workshop I would never be able to remember so much!"
Jessica Samuel, Year 10 Student, Sydney

"This was a brilliant workshop in which we learned invaluable skills which will help me throughout school."
Thomas Martin, Year 9 Student, Sydney

"This workshop is fantastic. The techniques I've learned here will help me greatly in studying."
Matthew Nguyen, Year 11 Student, Sydney

"It was miraculous. I could actually remember a lot of things in a few short minutes! I learned a variety of clever memory and reading techniques."
Shagana Paramanandan, Year 11 Student, Melbourne

"Absolutely perfect! Loved the whole thing. Has to be the easiest way to learn, remember and make study notes more effective."
Michael Cole, Year 9 Student, Sydney

"Chris's systematic approach shows students why and how specific study techniques deliver the skills required for optimal operation in presentations, assessment tasks and exams. With our new skills we could definitely read and memorise more quickly and effectively. The exercises were fun for the students and everyone improved their performance."
Louella Barnes, Owner/Director, Phonics English Language Tutoring

"Why didn't we learn this in school? These techniques really should be taught to every student in the country!"
David Eastwood, Melbourne Parent & Company Director

Interested? Please visit https://gloo.link/in-school-study-skills-course.