



# THE STUDY SAMURAI LIBRARY

## 1. THE ELES ONLINE STUDY SKILLS HANDBOOK WEBSITE

### Working Better At Home Units

1. Home Study Environment
2. Organisation and Filing
3. Time Management Skills
4. Managing Workload
5. Dealing with Distractions
6. Overcoming Procrastination
7. Developing Motivation
8. Goal Setting
9. Lifestyle and Balance
10. Managing Stress

### Working Better At School Units

1. Will we ever use this?
2. Using Classtime
3. Asking for Help
4. Dealing with Conflict
5. Groupwork Skills

### Improving Your Skills Units

1. Reading Skills
2. Writing Skills
3. Mathematical Skills
4. Science Skills
5. Foreign Language Skills
6. Assignments Skills
7. Research Skills
8. Presentation Skills

### Improving How You Study

1. Summarising
2. Active Studying
3. Preparing for Exam Blocks
4. Test-Taking Techniques
5. After Tests & Exams

### Extra 'general' mini-units

1. Starting Secondary School
2. Becoming a Senior Student
3. Bullying: Issues and Strategies
4. Managing Part-Time Jobs
5. Your Brain and Memory
6. Live Your Best Life
7. Educational Kinesiology
8. Living Across 2 Houses
9. Travel: A Motivator to Learn
10. University: A New Adventure

### Extra 'technology' mini-units

1. Technology Tools
2. Basic Computer Skills
3. Be CyberSmart
4. Useful Apps for iPads
5. Microsoft OneNote

## 2. THE HUMAN CONNECTIONS ONLINE WELLBEING RESOURCE

### Working Better At Home Units

- Module 1: What is stress?
- Module 2: Stress and peak performance
- Module 3: Positive Psychology, what determines happiness
- Module 4: Quick relaxation & wellbeing tips
- Module 5: Learning how to relax, progressive muscle relaxation
- Module 6: Meditation
- Module 7: Mindfulness
- Module 8: Stress and the way you think
- Module 9: Changing your thinking
- Module 10: Turning negative thinking into positive thinking
- Module 11: Breathing techniques
- Module 12: Changing your focus

- Module 13: Pressure points to help you relax
- Module 14: Physiology, nutrition and sleep
- Module 15: Time management
- Module 16: Self-image beliefs
- Module 17: How to create positive habits

- Bonus Module 1: What is the Tapping Technique
- Bonus Module 2: How to use The Tapping Technique
- Bonus Module 3: How to start Tapping
- Bonus Module 4: Research Tapping
- Bonus Module 5: Anxiety

## 3. 75 VIDEO LESSONS (20-30 MINS EACH) FROM TWO EXPERTS DR PRUE SALTER & ROCKY BIASI

### PERFORMANCE:

#### ACHIEVE PERSONAL BEST PERFORMANCE

- Neuroplasticity (ROCKY)
- Brain Rules (ROCKY)
- 7 Motivation Strategies (ROCKY)
- What Drives Human Behavior (ROCKY)
- How to Set Goals (ROCKY)

- Maximising Classtime (PRUE)
- Practice Methods (ROCKY)
- Mental Practice (ROCKY)
- Practice Principles (ROCKY)
- Getting in the Flow (ROCKY)

- Your Brain and Memory (PRUE)
- Finding Help (PRUE)
- Aligning Goals To Values (ROCKY)
- Model Masters (ROCKY)
- Sustain Progress Develop Mastery (ROCKY)

### STUDY SKILLS:

#### KNOW HOW TO MAKE LEARNING EASY

- Study Notes 1 (PRUE)
- Mind Maps (PRUE)
- How to Study (PRUE)
- Test-Taking Techniques (PRUE)
- Common Study Mistakes (PRUE)

- Study Notes 2 (PRUE)
- Learning Preferences (PRUE)
- Improving Reading Skills (PRUE)
- Improving Handwriting (PRUE)
- After Tests & Exams (PRUE)

- Study Notes 3 (PRUE)
- Subject Specific Study (PRUE)
- Advanced Memory Techniques (PRUE)
- Preparing for Exam Blocks (PRUE)
- Essay Writing Skills (PRUE)

### TIME MANAGEMENT:

#### BECOME ORGANISED, EFFICIENT AND PRODUCTIVE

- Home Study Environment (PRUE)
- Organisation and Filing (Paper) (PRUE)
- Organisation and Filing (Digital Resources) (PRUE)
- Independent Learning (PRUE)
- Managing Workload (PRUE)

- Time to Allocate to Schoolwork (PRUE)
- Creating Afternoon Routines (PRUE)
- Dealing with Technology Distractions (PRUE)
- Dealing with Other Distractions (PRUE)
- Overcoming Procrastination (PRUE)

- Prioritising Techniques (PRUE)
- Managing Workload 2 (PRUE)
- Planning Holiday Study (PRUE)
- The One Thing (ROCKY)
- 80/20 Rule (ROCKY)

### MINDSET:

#### DEVELOP A GROWTH AND SUCCESS MINDSET

- When will we ever use this? (PRUE)
- How Winners Think (ROCKY)
- Identity Beliefs (ROCKY)
- Fixed and Growth Mindset (ROCKY)
- Vision and Purpose (ROCKY)

- Senior School Mindset (PRUE)
- How to Change Negative Thinking (ROCKY)
- Problem Solving Questions (ROCKY)
- Mental Mindset of Champions (ROCKY)
- Focus (ROCKY)

- Keeping Things in Perspective (PRUE)
- The Power of Failure (ROCKY)
- 5 Steps To Get Your Head Right For Senior School (ROCKY)
- Changing Your Thinking ABC (ROCKY)
- Strategies for a Growth Mindset folder (ROCKY)

### WELLBEING:

#### HAVE ENERGY AND MOTIVATION

- Lifestyle Factors (PRUE)
- Power Poses (ROCKY)
- Positive Psychology (ROCKY)
- Starting Your Day For Success (ROCKY)
- Creating Positive Habits (ROCKY)

- Sleep and Study (PRUE)
- Stress and Anxiety Relief with The Tapping Technique (ROCKY)
- Accessing The Emotions You Want (Anchoring) (ROCKY)
- Asking Better Questions to change your mental focus (ROCKY)
- Healthy Mind Platter (ROCKY)

- Nourishing Body and Brain (PRUE)
- Meditation and Mindfulness (ROCKY)
- Happiness Advantage (ROCKY)
- Wellbeing Factors (ROCKY)
- Progressive Muscle Relaxation (ROCKY)