



1. THE ELES ONLINE STUDY SKILLS HANDBOOK WEBSITE

<p><i>Working Better At Home Units</i></p> <ol style="list-style-type: none"> Home Study Environment Organisation and Filing Time Management Skills Managing Workload Dealing with Distractions Overcoming Procrastination Developing Motivation Goal Setting Lifestyle and Balance Managing Stress <p><i>Working Better At School Units</i></p> <ol style="list-style-type: none"> Will we ever use this? Using Classtime Asking for Help Dealing with Conflict Groupwork Skills 	<p><i>Improving Your Skills Units</i></p> <ol style="list-style-type: none"> Reading Skills Writing Skills Mathematical Skills Science Skills Foreign Language Skills Assignments Skills Research Skills Presentation Skills <p><i>Improving How You Study</i></p> <ol style="list-style-type: none"> Summarising Active Studying Preparing for Exam Blocks Test-Taking Techniques After Tests & Exams 	<p><i>extra 'general' mini-units</i></p> <ol style="list-style-type: none"> Starting Secondary School Becoming a Senior Student Bullying: Issues and Strategies Managing Part-Time Jobs Your Brain and Memory Live Your Best Life Educational Kinesiology Living Across 2 Houses Travel: A Motivator to Learn University: A New Adventure <p><i>extra 'technology' mini-units</i></p> <ol style="list-style-type: none"> Technology Tools Basic Computer Skills Be CyberSmart Useful Apps for iPads Microsoft OneNote
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Note: You will also find a brand new section:

TIPS FOR REMOTE HOME LEARNING.

2. THE HUMAN CONNECTIONS ONLINE WELLBEING RESOURCE

<p>Online Stress Management Introduction</p> <p>Module 1: What is stress?</p> <p>Module 2: Stress and peak performance</p> <p>Module 3: Positive Psychology, what determines happiness</p> <p>Module 4: Quick relaxation & wellbeing tips</p> <p>Module 5: Learning how to relax, progressive muscle relaxation</p> <p>Module 6: Meditation</p> <p>Module 7: Mindfulness</p> <p>Module 8: Stress and the way you think</p> <p>Module 9: Changing your thinking</p> <p>Module 10: Turning negative thinking into positive thinking</p> <p>Module 11: Breathing techniques</p>	<p>Module 12: Changing your focus</p> <p>Module 13: Pressure points to help you relax</p> <p>Module 14: Physiology, nutrition and sleep</p> <p>Module 15: Time management</p> <p>Module 16: Self-image beliefs</p> <p>Module 17: How to create positive habits</p> <p>Bonus Module 1: What is the Tapping Technique</p> <p>Bonus Module 2: How to use The Tapping Technique</p> <p>Bonus Module 3: How to start Tapping</p> <p>Bonus Module 4: Research Tapping</p> <p>Bonus Module 5: Anxiety</p>
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3. 75 VIDEO LESSONS (20-30 MINS EACH) FROM TWO EXPERTS DR PRUE SALTER & ROCKY BIASI

PERFORMANCE:	- Neuroplasticity (ROCKY) - Brain Rules (ROCKY) - 7 Motivation Strategies (ROCKY) - What Drives Human Behavior (R) - 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)
ACHIEVE PERSONAL BEST PERFORMANCE			
STUDY SKILLS:	- 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 (P) - Preparing for Exam Blocks (PRUE) - Essay Writing Skills (PRUE)
KNOW HOW TO MAKE LEARNING EASY			
TIME MANAGEMENT:	- Home Study Environment (PRUE) - Organisation and Filing (Paper) (P) - Organisation and Filing (Digital Resources) (PRUE) - Independent Learning (PRUE) - Managing Workload (PRUE)	- Time to Allocate to Schoolwork (P) - Creating Afternoon Routines (P) - Dealing with Technology Distractions (PRUE) - Dealing with Other Distractions (P) - Overcoming Procrastination (P)	- Prioritising Techniques (PRUE) - Managing Workload 2 (PRUE) - Planning Holiday Study (PRUE) - The One Thing (ROCKY) - 80/20 Rule (ROCKY)
BECOME ORGANISED, EFFICIENT AND PRODUCTIVE			
MINDSET:	- When will we ever use this? (P) - How Winners Think (ROCKY) - Identity Beliefs (ROCKY) - Fixed and Growth Mindset (R) - Vision and Purpose (ROCKY)	- Senior School Mindset (PRUE) - How to Change Negative Thinking (Rocky) - Problem Solving Questions (R) - Mental Mindset of Champions (R) - Focus (ROCKY)	- Keeping Things in Perspective (P) - The Power of Failure (ROCKY) - 5 Steps To Get Your Head Right For Senior School (ROCKY) - Changing Your Thinking ABC (R) - Strategies for a Growth Mindset folder (ROCKY)
DEVELOP A GROWTH AND SUCCESS MINDSET			
WELLBEING:	- Lifestyle Factors (PRUE) - Power Poses (ROCKY) - Positive Psychology (ROCKY) - Starting Your Day For Success (R) - 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 (R) - Happiness Advantage (ROCKY) - Wellbeing Factors (ROCKY) - Progressive Muscle Relaxation (R)
HAVE ENERGY AND MOTIVATION			