



## Surviving & Thriving in High School

with the Study Samurai Library!

Your school has organised a unique opportunity for students, parents and teachers at your school to learn from two experts: Dr Prue Salter who specialises in study skills and Rocky Biasi who specialises in peak performance, motivation and wellbeing.

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### To learn more, here's what you need to do:

- Go to **studysamurailibrary.com** click on Login and enter these details:

**Username:**

**Password:**

- Watch the welcome video.

### Using the Study Samurai Library:

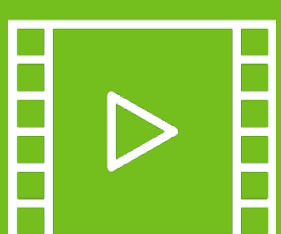
1. Try and watch at least one of the video lessons each fortnight - there are 75 to choose from! If there is an area you want to learn more about you are also welcome to watch those videos at any time.

The categories are:

- Performance
- Time Management
- Wellbeing
- Study Skills
- Mindset

2. Your Study Samurai Library also includes access to Prue's Online Study Skills Handbook website and Rocky's Online Wellbeing Resource. These resources can be accessed through the menu at the top when you log into the Study Samurai site. Explore the resources on these sites to learn more about study skills and wellbeing.

## Your Study Samurai Library Includes



75 Video Lessons from Prue and Rocky on study skills and wellbeing topics



ELES Online Study Skills Handbook Website with 48 study skills units of work



Human Connections Online Wellbeing Resource with 16 modules