

Parent Seminar



ELEVATE EDUCATION – WHO ARE WE?

Research: Why do the top students get the top results?

Work with the top students around the world (over 1000 schools, across 5 countries)

13 key study habits



Belief

Goals

Environment

Team

Results
oriented

Organisation
skills

Use of
holidays

Independent
work

Practice
Questions

Exam
preparation

Memory
skills

Post
Exam

Stress

'Doing the right work'

Finish notes

**Memorise
notes**

**Practice
Qs/Papers**



‘Doing the right work’

Finish notes

- Use specification
- Trigger words
- System of review

Memorise notes

- Mind Maps
- Attention, storage, retrieval

Practice Qs/Papers

- Practical application of knowledge
- Open Book/Open Time
- Effective Feedback



Time management at home?

- Encourage weekly planning
- Prioritise non-study tasks first
- Mirror school day in holidays
- Focus on *tasks* not time

Beating Procrastination

- Too much work
 - Break work down
 - Write a list
- I don't like it
 - Study groups
 - Incentive system
- No motivation
 - Set clear and compelling goals





Put down your phone and get back to your life



SelfControl

A free Mac application to help you avoid distracting websites.

[View code on GitHub](#) [Download SelfControl](#)

Cold Turkey

1. Block What? *admitting it is the first step*

Popular Sites	Custom Sites	
<input checked="" type="checkbox"/> Facebook	<input checked="" type="checkbox"/> Hotmail / MSN	<input checked="" type="checkbox"/> FailBlog
<input checked="" type="checkbox"/> Twitter	<input checked="" type="checkbox"/> AddictingGames	<input checked="" type="checkbox"/> Reddit
<input checked="" type="checkbox"/> MySpace	<input checked="" type="checkbox"/> CollegeHumor	<input checked="" type="checkbox"/> StumbleUpon
<input checked="" type="checkbox"/> Youtube	<input checked="" type="checkbox"/> Ebay	<input type="checkbox"/> Wikipedia



Motivation

- Visual goals
- UCAS, UNISTATS, notgoingtouni
- No idea?
- Growth Mindset
- Stress



Music

- Lose Focus
- Memory disruption
- Trigger
- Don't restrict- focus on the outcome



Resources?

Student workbook

Exam board websites

Elevate Education Website
(www.elevateeducation.com)

<http://eepurl.com/djMpeD>

The screenshot shows the Elevate Education website interface. At the top left is the Elevate Education logo. The top right navigation bar includes 'Student Portal' with a user icon, 'Search' with a magnifying glass icon, and 'Menu' with a hamburger menu icon. The main content area features a large background image of a diverse group of students in a classroom. Overlaid on this image is a dark blue banner with the text 'Study skills programmes that deliver results' in white. Below this text is a 'Watch Film' button with a play icon. On the left side of the banner, there is a vertical blue bar with the text 'About Elevate' and a small upward-pointing arrow. At the bottom center of the banner, there is a small downward-pointing arrow.

elevate
education

Student Portal

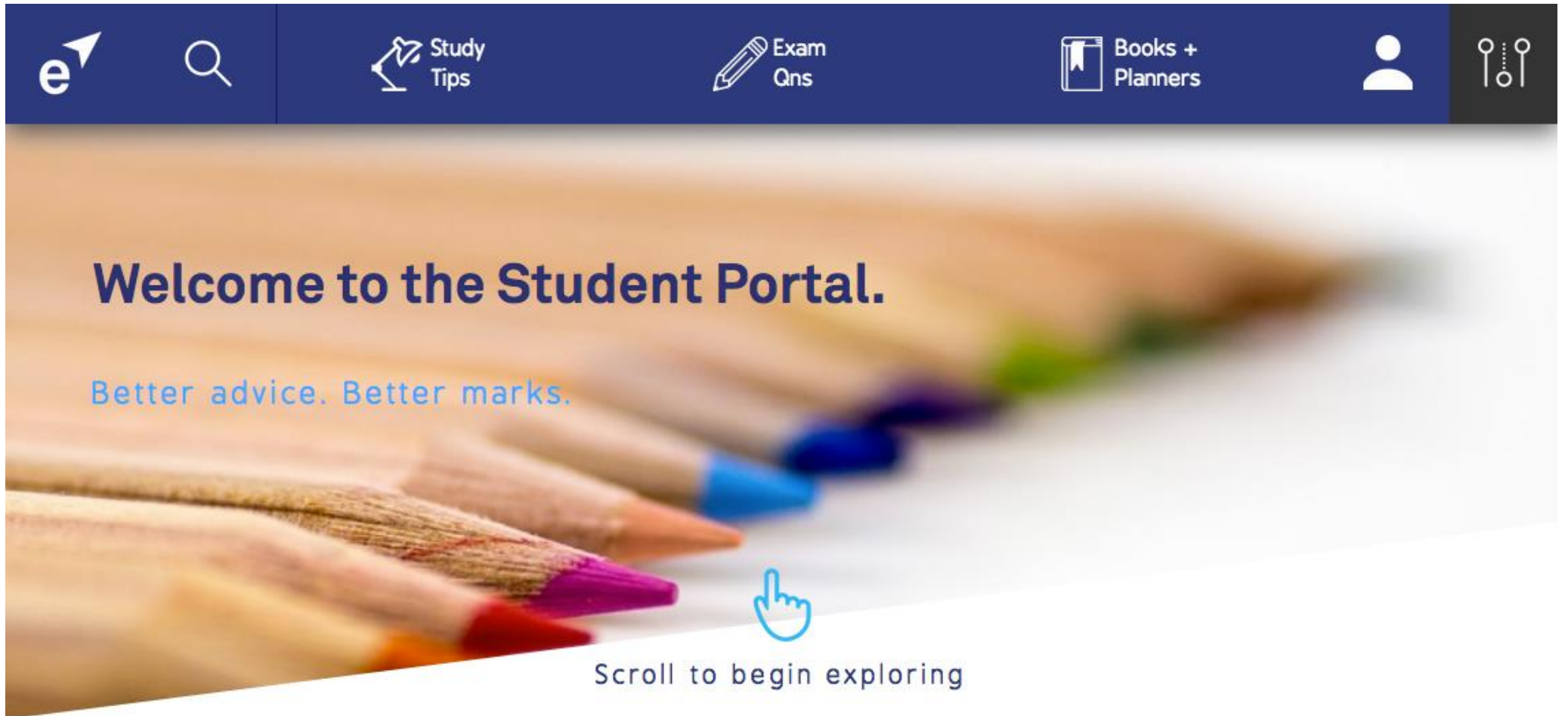
Search

Menu

About Elevate

Study skills programmes that deliver results

Watch Film



The image shows a digital interface for a student portal. At the top, there is a dark blue navigation bar with several icons: a white 'e' with an arrow, a magnifying glass, a hand holding a pencil labeled 'Study Tips', a pencil labeled 'Exam Qns', a book labeled 'Books + Planners', a person icon, and a vertical menu icon. Below the navigation bar is a large banner image of several colored pencils (red, purple, blue, green) lying on a white surface. Overlaid on this image is the text 'Welcome to the Student Portal.' in a bold, dark blue font. Below this, the text 'Better advice. Better marks.' is written in a smaller, light blue font. At the bottom of the banner, there is a blue hand cursor icon pointing upwards, with the text 'Scroll to begin exploring' underneath it.

Welcome to the Student Portal.

Better advice. Better marks.

Scroll to begin exploring



Filters:

- Exam Prep
- Memory
- Psychology



 Video | September 2016

Psychology Video Series #elevatepsych

Join Munya as he shows you how to ace A-level Psychology in this 10 episode series!



 Video | September 2016

A Level English Lit Exam Walkthrough Video

Jacob runs through last year's English Literature exam! Check out how to pick apart questions and prepare responses.

 Filters: Exam Prep | A levels | Literature



 Blog | September 2016

Top 17 Apps a student shouldn't live without

Our top picks for apps that help make study life easier!

 Filters: Memory | Productivity