

# Study Skills Workshop

For all students Grades 7-9 & 10-12

Lakeside Rooms  
Groups Programs  
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## Quick Overview

Does your child leave assignments until the night before they are due, causing high stress for everyone in the house?  
Do they lose their belongings?  
Does your child forget to use their student diary?  
Is homework time a stressful time in your house?  
Does your child perform poorly in exams or get stressed about exams?  
Is your child unsure how to study effectively?  
If you answered yes to any of these questions then read on.

High school can be challenging for many students. They have to learn to manage timetables; learn to study effectively; manage the stress of exams, understand what they are learning about; and remember materials for school..... let alone fit in with peers and decide on a career.

The ability to study, plan and manage time are skills that can be taught and are valuable in school and in life. These skills are a better predictor of success than intelligence. In fact university students are 6 times more likely to stay in school and will score higher grades if they enroll in a study skills course according to a study in 2009 by Professor Tuckman.



## Program Details

The study skills course aims to assist your child to learn strategies to manage the demands of high school. This program covers the following topics

- Study Skills
- Mindmapping
- Memory techniques
- Test taking tips
- Organisational skills
- Assignment planning
- Concentration techniques
- Identifying the best way your child learns.

## Program Practitioners

### Leanne Jones

*Psychologist*

Leanne Jones is a psychologist skilled in the assessment of children and adolescents. Leanne specializes in educational psychology, including learning, emotional and behavioural difficulties in children. She provides learning assessments and facilitates group programs.

## When

**Tuesday 21<sup>st</sup> & Friday 24<sup>th</sup> January 2014**

**Grades 7-9                      8.00am – 12.00pm**

**Grades 10-12                1.00 – 5.00pm**

**Cost: \$320.00**

(subject to numbers & rebates may apply)

## To Make a Booking

To book for this particular group session, or in you have any queries contact Andrea at [groups@lakesiderooms.com.au](mailto:groups@lakesiderooms.com.au) or phone 5562 0466 or 0430 433 071.



**Call us today (07) 55 620 466**

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Lakeside Rooms is the first multidisciplinary group private practice for mental health professionals on the Gold Coast; offering services to patients from psychologists, psychiatrists, mental health occupational therapists, speech pathologists and mental health social workers. Find out more at [www.lakesiderooms.com.au](http://www.lakesiderooms.com.au)