

## Elevate Education Study Skills at Haileybury Turnford School

Dear Parents,

I am writing to let you know about an opportunity for you and your child to attend a study skills seminar at the school on **Wednesday 22<sup>nd</sup> February 2017**. This session will be conducted by leading international study skills company **Elevate Education**.

### Who are Elevate?

Elevate Education are one of the largest study skills companies in the world, working each year with more than 1000 schools and 250,000 students across the UK, Australia, South Africa and the United States. Elevate was founded in 2001 as a research company and set out to conduct 12 months of research into the habits and techniques of the top performing students. Through conducting more than 2000 interviews with students across the spectrum of academic results, the research identified that there are 17 areas where the techniques of the top students differ from average and lower performing students. On-going research for the past 13 years has continued to benchmark the habits of top students.

Elevate's study skills seminars, presented by **young, recently graduated top university students**, introduce students to these 17 'top students' skills, showing all students how they can replicate the techniques and strategies of the students getting the best marks each year.

Below you will find an outline of the student seminar that will be ran this year with the school:

### *Memory Mnemonics (Year 11)*

The only thing trickier than getting through all the work in the final years of school can be remembering it! In this seminar we cover simple to use techniques and strategies that help students with their memorisation and recall of information. This seminar also shows students what an ineffective study environment can do to their memory. Students are introduced to ways to deal with Facebook, music, TV, distractions, internet and ineffective work times.

#### **Skills covered:**

- Understanding the memory and how to manipulate it
- Examination of why we forget
- How to ensure more information is retained

#### **A number of memory techniques are outlined to suit different learning styles:**

- Revision
- Rote learning
- Recital
- Chunking
- Triggers
- How structure can assist with memory
- Mnemonics

## Parent Support Session

All parents want to help their son to achieve their best at school, but sometimes find it hard not to become the enemy! Elevate's 60-minute Parent Seminar is an opportunity for parents to ask questions and discuss the ways that they can help their child to adopt these habits. The parent seminar is run in three main parts: firstly by providing a brief background into who Elevate is and what they do; secondly by covering the key concepts and techniques discussed with the students in the seminars; and finally by looking at the best ways to implement these techniques at home to make sure that the students actually put these skills into practice! Presented at the school, these seminars are extremely popular with parents who want to know answers to the following:

- How do I encourage my child to motivate themselves, rather than having to nag them!?
- What do I say when I get the 'I have no homework' response?
- How do the top students approach holiday work and study leave?
- How can I help them to stay calm and balanced around exams?
- What work should they be doing to get the most marks?
- How do the top students approach things like Facebook, studying with music and balancing social lives?

### What Makes Elevate Different?

- **Young presenters your child can relate to:** Elevate uses young presenters who have recently faced and ached the final years of high school themselves. By using presenters that students can relate to, schools have found the impact of the study skills message is increased. Young presenters are perceived as being credible as they have recently gone through the same process.
- **Practical study skills students can use:** Most study skills programmes fail because they are dense on theory but lack the kind of practical skills that students can use straight away. All of Elevate's material focuses on practical study skills modelled from the top students.
- **Short, high impact sessions:** Research shows that as the length of a study skills programme increases, student implementation tends to decrease. Students are left with an overwhelming list of '52 skills' which is so long that they don't know where to begin. Instead, Elevate focuses on running high impact sessions. These short, sharp sessions maximize student retention rates and isolate a handful of skills to implement immediately, encouraging skill adoption.
- **More than a 1-off:** Most study skills programmes are ultimately flawed in that teachers are not provided with materials to follow-up and reinforce the skills covered in the programme. Study skills, like skills of any description, are developed through repetition, practice and review. As such, Elevate provides all schools with a teacher resource kit containing exercises and activities that teachers can use in the classroom to review and reinforce the seminars.

If you would like some more information about Elevate Education, please visit their website at <http://uk.elevateeducation.com/home>