

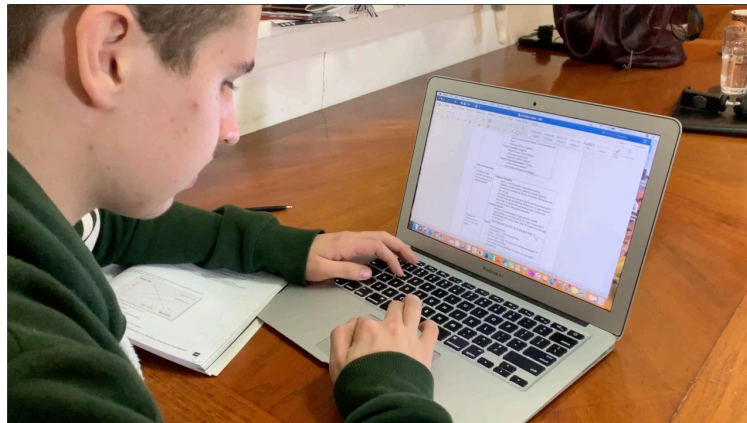
PRIVATE STUDY COACHING COURSE OUTLINE



Overview

Elevate Education’s Study Coaching is a 12-week program that is designed to transform a student’s approach to study. It is run either in person at the family home, or online via live video conferencing.

Students finish the program confident and exam-ready, with an impressive pedigree of study skills. All Elevate coaches are young, university-aged graduates who have faced and aced the final years of school themselves making them uniquely placed to build rapport and connect with young students in a manner that delivers lasting impact on their attitude, their behaviour and their marks.





What To Expect

Pre-Coaching Diagnostic Process

The 1 on 1 coaching program begins with a diagnostic assessment process. This involves Elevate sending a consultant to your home (or online) to conduct an interview with your child that lasts for approximately 70 minutes.

The interview is run in a friendly, non-threatening and informal manner and is designed to have the student demonstrate how they currently approach school. The interview goes into depth to understand *why* and *how* a student's perspectives and behaviours have impacted their academic journey to date. The interview contains a series of practical activities to gain insight into the student's note-taking, memorisation, planning and exam preparation.

The interview culminates in a detailed report that maps the student's current study skills and how they compare to Elevate's benchmarks. The results of this report inform the study skills curriculum that is put together especially for your child. This ensures that when coaching begins, we focus on the areas that will deliver the biggest impact.

The initial diagnostic interview is both **cost-free** and **commitment-free**, meaning that there is no charge for this session, and no obligation to continue with the coaching program.

The In-Session Experience

The sessions run weekly in the home or online and are highly practical. They involve the coach teaching the skill and then working with the student to implement it in their specific context. As a participating student, your child will:

- Have weekly personalized sessions
- Have access to an online platform for planning and scheduling work
- Receive practical implementation activities each week
- Be held accountable for the completion and implementation of the sessions



What Students Learn

Every student receives a curriculum that is purpose built to their needs, as identified in the diagnostic interview. Therefore, there is no 1-size-fits-all program. Below is a sample 8-week program that has been run with a client family.

Week 1 Time Management

Learn how to manage conflicting priorities and balance school work and other life commitments.

- Developing Study Timetables
- Managing Competing Priorities
- Overcoming Procrastination

Week 2

Organisation

Getting the right things done in a manner that prioritises the highest impact work.

- High Value vs Low Value Work
- Assessment Planning Frameworks
- Sub-task Mapping & Scheduling

Week 3

Note Taking

Reducing note clutter by 80% making them clearer and appropriate for assessment preparation.

- Reformulating Written Ideas
- Avoiding Verbatim Reliance on Teachers
- Cornell Note Taking & Mind Mapping

Week 4

Memorisation

Developing sophisticated memory retention techniques to boost exam performance.

- Setting Up Memory environments
- Mnemonic Techniques
- Exam Preparation and Testing



What Students Learn *continued*

Week 5

Comprehension

Drilling fundamental comprehension skills required to isolate and understand key information.

- Purpose Driven Textual Reading
- Isolating Key Information
- Comprehension Exercises

Week 6

Stress Management

Learning how to identify stressors, reinterpret negative triggers and cultivate mental wellbeing.

- Stressor Identification
- Wellbeing Strategies
- Mindfulness Practices

Week 7

Motivation

Cultivating a Growth Mindset to unlock sustainable motivation and goal-oriented study.

- Growth Mindsets
- Goal Orientation
- Planning Tertiary Study & Work

Week 8

Exam Planning

Co-ordinating all pre-exam activity in a planner to ensure the most effective use of time in the critical lead up to assessments.

- Exam Revision Timelines
- Short Term Planning
- Identifying & Overcoming Weaknesses
- Exam Room Strategies & Review



What People Are Saying



Jeff – Father of Year 12 student

“See the difference from first week Jarrod to the finished course version of him that was a lot more confident, a lot more organised about what he needed to achieve, so we couldn’t be happier.”



Sharyn - Mother of Year 12 student

“They started the program and Caitlyn came out smiling and laughing and I thought ‘wow, there’s my girl again’. I hadn’t seen that girl for a long time...”



Renee - Mother of Year 11 student

“I think the best gift you can give your child is to teach them how to study. To give them the method to study the right way...”



See Elevate Education featured In:



Winning 2x Business of the Year awards

In 2014, Elevate Education was named Winner of the Telstra Business of the Year award and Small Business of the Year Award.



Speaking on Study Skills at TEDx

Elevate Education’s founder, Douglas Barton was featured speaker at TEDx Youth Tallin.





Contact Us

Is Coaching right for me?

Many students go through senior school unaware of the fact that they are using sub-optimal study strategies. This means that effort is being exerted, but the *manner* of working is not effective. This can easily lead to overwhelm, or worse, burnout. For other students, simply getting started and overcoming paralyses-by-analyses is the issue. In any event, without self-insight it is very difficult for a student to course correct.

The initial Coaching Diagnostic Interview is a way that you can provide your child with that insight. You will receive a report outlining the key strengths and weaknesses and a set of recommendations from one of our consultants.

To set up a free in-person consultation, or even to book in a full coaching program please feel free to get in touch.

Get in Touch

We're always available to talk and get to know your specific situation. No 2 students are the same, and we're keen to hear about yours. Even if Coaching is not the answer for you, our Head of Parent Engagement is always available to walk you through strategies that you can use. We're here to help.

You can call us on **01865 987 732**

Or you can email at ukcoaching@elevateeducation.com

Alternatively, you can visit our [website](#) for more info.