



Study Smart Tips

Student Activities Worksheets

By Karen Boyes & Megan Gallagher

Learning Styles

Study Tips for Success

Draw pictures and diagrams



Talk



Move



Smells



My own symbol dictionary

Create some symbols you can use in your note taking to help make them more memorable.

something important	
a question you have	
something you need to do	
an idea you have	
a link to something else	
something you need to check	

First read this text.

Helen Keller Biography

Helen Keller (1880-1968) was an American author, political activist and campaigner for deaf and blind charities. Helen became deaf and blind as a young child and had to struggle to overcome her dual disability. However, she became the first deaf-blind person to attain a bachelors degree and became an influential campaigner for social, political and disability issues. Her public profile helped de-stigmatise blindness and deafness, and she was seen as a powerful example of someone overcoming difficult circumstances.

“Once I knew the depth where no hope was, and darkness lay on the face of all things. Then love came and set my soul free. Once I knew only darkness and stillness. Now I know hope and joy.”

- Helen Keller, *On Optimism* (1903)

<http://www.biographyonline.net/women/helen-keller.html>

Now in the space provided below use images and symbols to write some notes about Helen Keller based on what you have learned above.

Say it out loud

Japanese numbers to 10

1	Ichi
2	Ni
3	San
4	Shi/Yon
5	Go
6	Roku
7	Nana/Shichi
8	Hachi
9	Kyuu/Kuu
10	Juu

Questions to help someone talk about their study

What are you learning at the moment?

What is the most interesting thing about that?

What are you struggling with?

Why do you think this is important to learn?

If you were going to teach someone this what would you tell them?

Doodle Page

Use this first box to draw 'mindless' doodles as your teacher presents some information to you, how much can you remember... (make sure your focus is on listening not drawing)



In this second box write down notes of everything you can recall from what was read or presented to you while you were doodling.



Recipe for study using aromatherapy oils

Using the ingredients listed below to create blends to support the students who are studying in these situations. Remember you can use up to 6 drops in total and only 2 drops of any particular oil.

Basil (Memory)

Peppermint (Alertness)

Rosemary (Calmness)

Lemon (Productivity)

Scenario 1

Mary is really struggling with maths and feels anxious when she is studying her maths. What oil or oil blends would you recommend?

Recipe to help Mary:

Scenario 2

Sam finds it really hard to concentrate on his study, he usually feels sleepy when he opens his books. What oil or oil blends would you recommend?

Recipe to help Sam:

Now write an oil blend recipe to help your study time to be more effective:



About the Authors:

Karen Boyes is known throughout the world as the Study Queen. She has appeared on TV several times with practical tips to help students study and pass exams. Karen won NZ Speaker of the Year in 2013 and NZ Educator of the Year in 2014. Karen works in schools delivering workshops for teachers, students and parents and also runs a very popular StudySmart Webinar series.

Megan Gallagher is a committed learner. She has been a teacher, health educator, educational leader and student for a number of years. Megan is an avid promoter of building resilience in our students and selves. She is passionate about students understanding how to learn.

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