

My Current Timetable

Period	Monday	Tuesday	Wednesday	Thursday	Friday
Home Group					
1					
2					
3					
4					
5					
6					
7					
8					

MACKAY NORTH STATE HIGH SCHOOL

we strive for the best



Student Planner

Home Group: _____

Home Group Teacher: _____

My Strategies and Goals

My Term Planner – Assessment Only

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					

My Daily Homework and Study Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
3.30-4.00							
4.00-4.30							
4.30-5.00							
5.00-5.30							
5.30-6.00							
6.00-6.30							
6.30-7.00							
7.00-7.30							
7.30-8.00							
8.00-8.30							
8.30-9.00							
9.00-9.30							
9.30-10.00							

Mackay North State High School Planner

At the beginning of each term:

1. Fill in your 'My Current Timetable' (use a fine point permanent marker)
2. Go online and print off your individualised assessment planner.
3. On the 'My Term Planner', write in due dates for assessment tasks and assignments; mark in Block

Study Tips (from your Diary)

Why should I study?

- ⇒ Because you may forget
- ⇒ To improve your marks
- ⇒ To make school easier and more enjoyable
- ⇒ To improve your memory and make you less stressed during exams
- ⇒ It will help you to develop one of life's greatest skills—self discipline

Where should I study?

- ⇒ In a quiet place away from family, noise, mobile phone and TV
- ⇒ In a regular spot with a desk, chair, good lighting, a shelf and storage for your notes

How can I revise?

⇒ Revision should be divided into sessions of at least 20 minutes. You should try to revise each night what you did in class that day. Read class notes, assignments, handouts or previous tests and textbooks, and make revision summaries of your textbook.

This can be done by:

- ⇒ Skim reading fast to get a general idea
- ⇒ Reading more slowly so that you actually understand it
- ⇒ Highlighting key words and points
- ⇒ Making notes and special summaries to memorise

How can I memorise?

- ⇒ Plan short periods (between 5 and 10 minutes) for every learning subject each week; note that major subjects need more than one period.

North High SMARTr

Goals

SMARTr Goal Setting is:

Specific:

I will read a book by the end of Term 1/I will read over my notes from each day's work every night.

Measurable:

I will get a 'B' in Maths/I will get a 'C' for effort in all my subjects.

Attainable:

If you got a 'D' in HPE last year, don't go for an 'A' in Term 1, try for a 'C' instead and then work your way up.

Relevant:

Must be school based and academically relevant, a goal for the semester should not be: To get a trail bike.

Timed:

By end of Term I will be sitting on a 'HA 1' in Year 11 English; On the

Homework Policy

These are guides to the amount of time a student should be doing per night if they are to make the most of their time at North:

- Year 8 and Year 9 – 1 hour per school night
- Year 10 – 1½ hours per school night
- Year 11 and 12 – 2 hours per school night (min)

Homework at North involves four types of activities:

1. **Revising the day's work:** Brain research shows that if you want to retain information in the long term you need to practise the idea (mind mapping/repeating it/using it/teaching it to someone else):

- 1 hour after you first learn it
- Within 48 hours of learning it
- 7 days after learning it
- 1 month after learning it (if it's still there then you've got it)
- 6 months after learning it.

NB: So students should be reading over or mind mapping the work covered in class that day and this can be set as homework in their diary.


2. **Completing set activities:** This may be a weekly worksheet, spelling list, question or activities which are based on the day's work, or a specific phase of an assignment process. It is work that may be written in the diary and checked and consequences given if it is not completed.

3. **One of the phases of the assignment process:** either researching, planning, drafting or checking final copy.

My Current Timetable					
Period	Monday	Tuesday	Wednesday	Thursday	Friday
Home Group	H.G. 10N2 seefde 3010	H.G. 10N2 seefde 3010	H.G. 10N2 seefde 3010	H.G. 10N2 seefde 3010	H.G. 10N2 seefde 3010
1	Sci	Eng	Maths	Sci	HPE
2	Sci	Mus	Eng	HPE	His
3	Maths	Mus	Eng	HPE	His
4	Maths	His	Sci	Maths	Cri
5	Eng	Cri	Sci	Maths	Cri
6	Eng	HPE	Cri	Mus	Eng
7	HPE	Sci	Mus	His	Maths
8	HPE				

My Term Planner – Assessment Only					
Week	Mon	Tue	Wed	Thu	Fri
1					
2					
3	Sci prac				
4				Hist oral	
5			Eng due		
6	Maths Assign				Mus Exam
7					
8					
9					
10					
11			← Exam Block →		

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Student Term Planner

Home Group: _____

Home Group Teacher: _____

My Strategies and Goals

'C+' in Eng

- Read 20mins x 3 a week
- Learn spelling 2 nights

My Daily Homework and Study Timetable							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning		Maths tutorial		Eng tutorial			
3.30-4.00						Work	Study
4.00-4.30	Eng-Study					Work	Study
4.30-5.00	Eng-Study	Maths			Dance	Work	Study
5.00-5.30	General Study		Cricket	Work	Dance	Work	Maths
5.30-6.00	General Study		Cricket	Work	Dance	Work	
6.00-6.30		General study		Work			
6.30-7.00	Dinner	Dinner	Dinner	Work	Dinner		
7.00-7.30			Music Prac	Work			
7.30-8.00	TV		Music Prac	Work	English		Family
8.00-8.30	TV		Science	Work	Maths	See Bill & Jim	Family
8.30-9.00		TV	Science	Work	Watch TV		
9.00-9.30		Computer					Reading
9.30-10.00			SLEEP	Eng			

Study Skills Checklist

SNAKES

1. I seem to spend too much time studying for one small test.
2. I can't find a balance between socializing and study; it is always one or the other.
3. I seem to spend hours cramming the night before a test or an exam.
4. When I get a large assignment I feel so overwhelmed that I can't get started.
5. I can't sit and study for long periods of time without becoming tired or distracted.
6. I daydream, doodle or go to sleep in class.
7. When I try to read my notes from class I can't understand them.
8. I can never seem to take down good notes that will help me later on.

9. I don't review my class notes consistently throughout the year.

LADDERS

- ◇ **Manage 'Time Wasters':** Set a strict time on the phone, texting, net surfing, watching TV.
- ◇ I need to divide my revision time into 20 minute sessions.
- ◇ **Make a daily 'to do' list and prioritise ruthlessly:** Things I must do.....; Things I should do.....; Things I could do.....
- ◇ **Use 'My Diary'** every day to note commitments
- ◇ **Create a routine** by using 'My Daily Timetable'
- ◇ **Over plan to get more done:** It will push me!

Focus on Concentration Skills:

- ◇ **Positive self-talk:** "Commitment to better grades will give me better career choices."
- ◇ **Enthusiasm for the task** means setting small goals, e.g. ring my friend when I have completed it.
- ◇ **My emotional & physical state** depends on eating good, clean food and regular exercise.
- ◇ I need to set out my work book/laptop with dates and margins and lines between the work