



**PARENTS SEMINAR**  
**ST MARY'S COLLEGE**

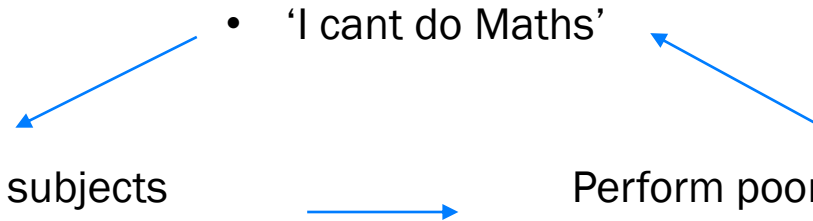
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~~Belief~~

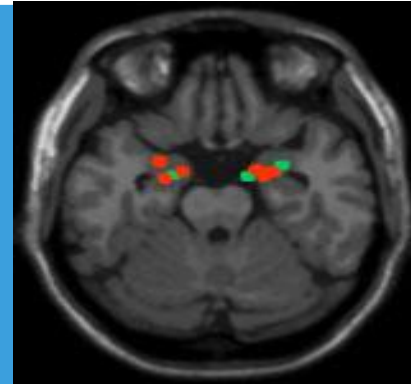
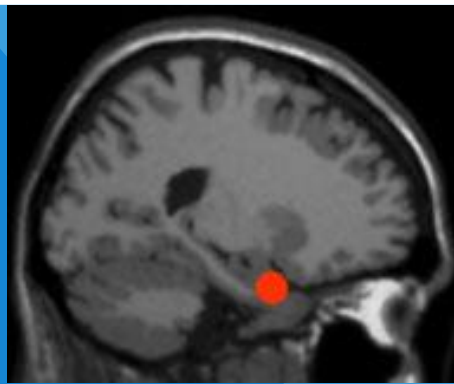
Self-efficacy

# SELF-EFFICACY: THE KEY

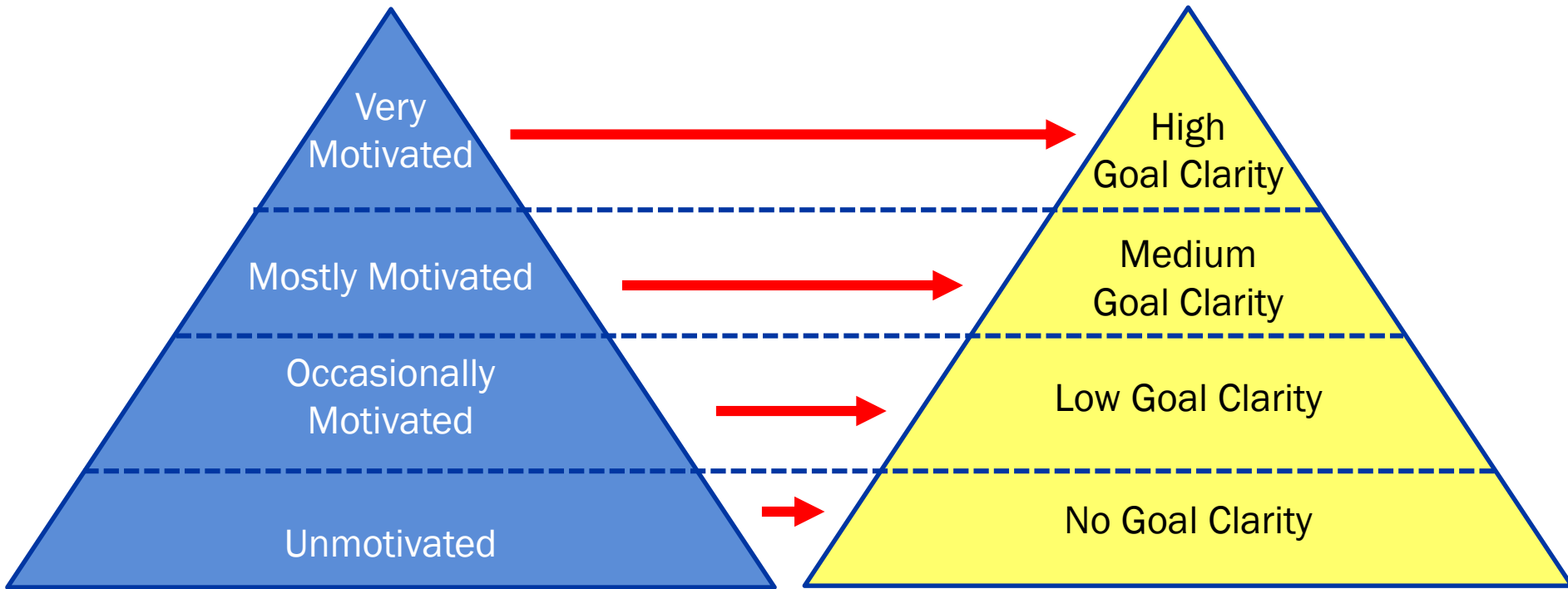
- **Self-efficacy:** key to engaging in study skills – to remove the limits they place on themselves



- Prefer studying for other subjects
- Perform poorly on Maths assessment
- Self-efficacy represents the metaphorical line in the sand for students – ‘I can’t beat the line’
- The top students draw that line further to the right than other students
- Images below show a student brain before a maths exam – the amygdala (fear center) is lighting up!



# Goals and Motivation



# FINDING THE TIME TO DO THE WORK

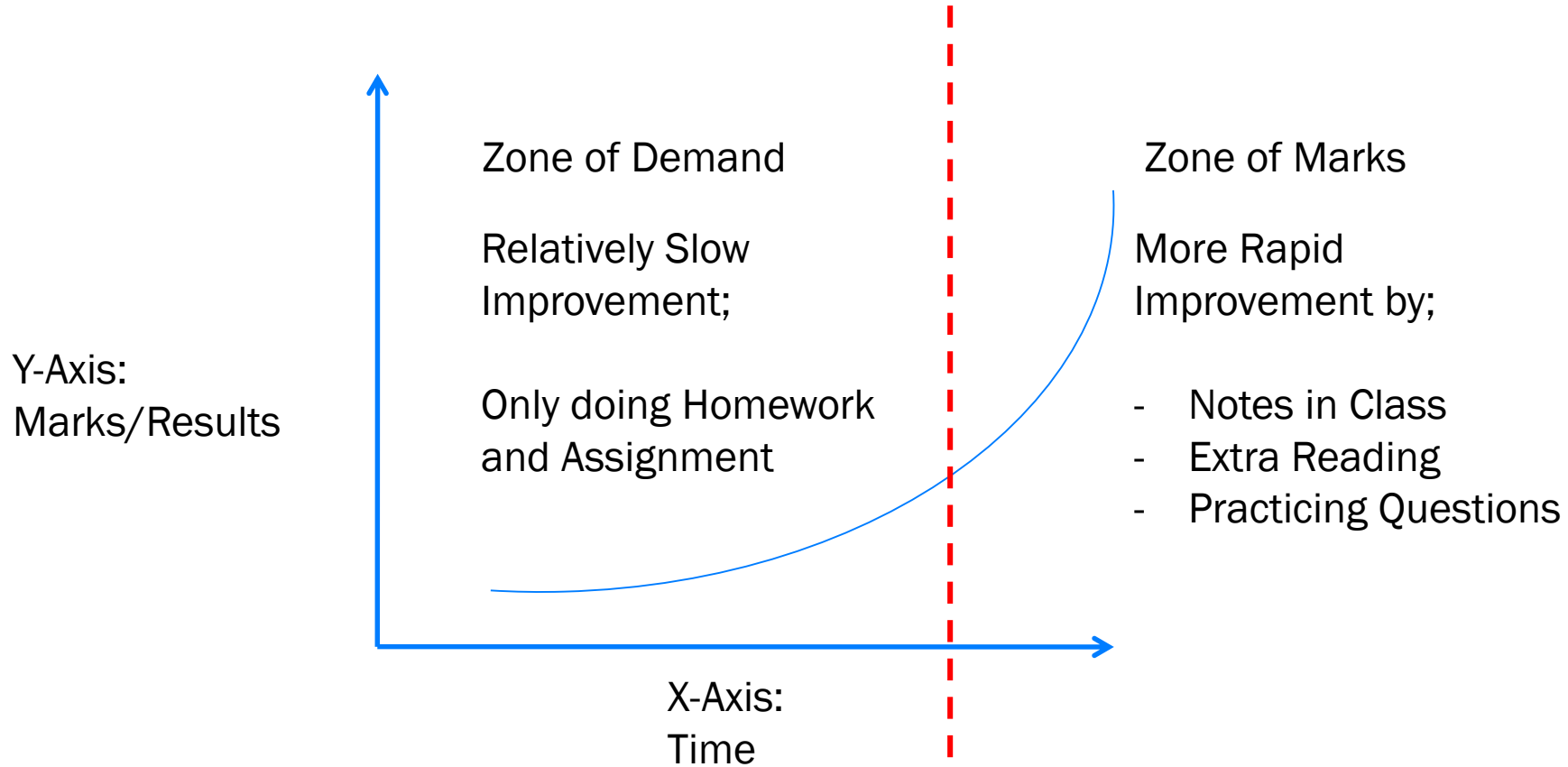
Activity	What is the specific activity?	What days and times do you do it?
Socialising	Party	Sat 7pm - 11pm
Sport	Tennis	Monday and Wednesday from 5pm - 7pm
Hobbies	Knitting	4 times a week for half an hour
TV	Home and Away	7 - 7:30pm Weeknights
Work	Bakery	Sundays 10 - 5pm

# STUDY TIMETABLE

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
7am								
8am	<i>School</i>							Sleep in until 10
9am								
10am								
11am								
12pm								
1pm								
2pm								
3pm								
4pm								
5pm		Footy 4 - 6pm		Footy 4 - 6pm				
6pm								
7pm								
8pm								
9pm	Entourage							
10pm								
11pm								
12pm								

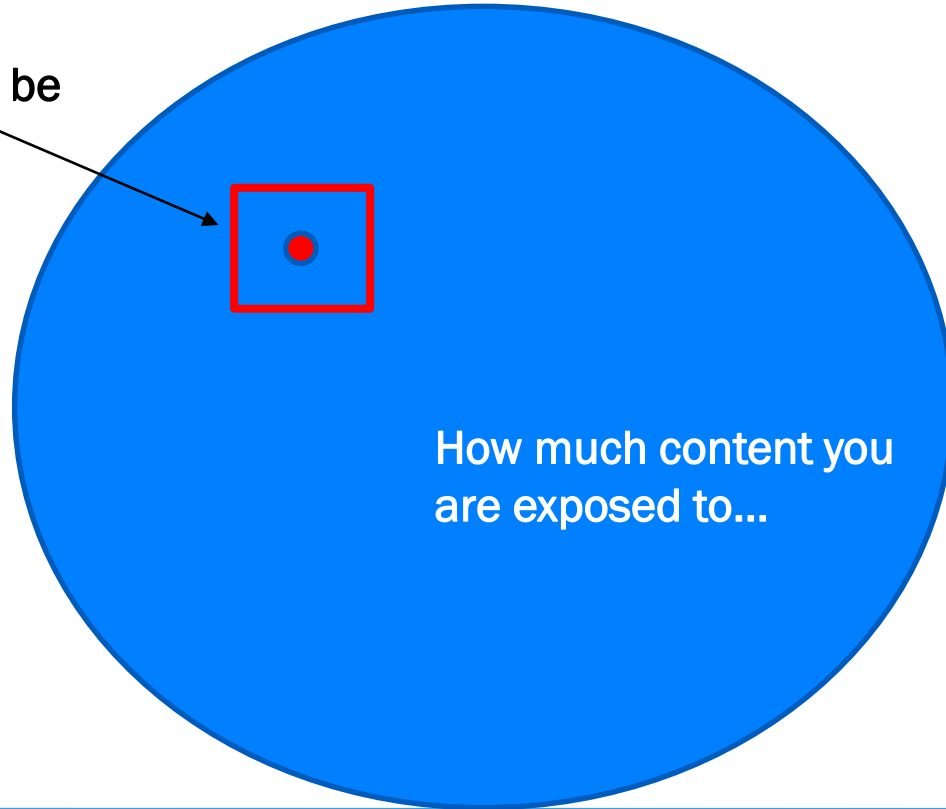


## Zone of Demand v Zone of Marks



# English

How much will be assessed



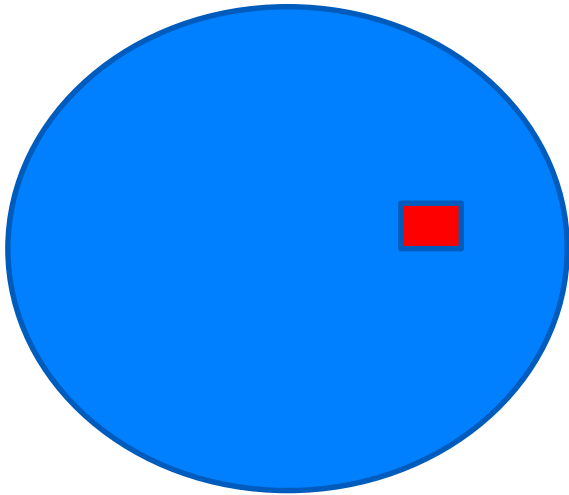


## Standard A

### Understanding and responding to contexts

The student work has the following characteristics:

- exploitation of a range of genre patterns and conventions to achieve specific purposes
- discerning selection, organisation and synthesis of relevant and substantive subject matter to support opinions
- manipulation and control of roles of the essay writer, and relationship with readers.



## Use Your Criteria and Task Sheet

1. Highlight key criteria and task information
2. Clarify key criteria and task information

3. Use to structure your study

4. Use to structure your response

# HEADING

## *SUB-HEADING*

- *TRIGGER WORDS*

- -----

- -----

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## *SUB-HEADING*

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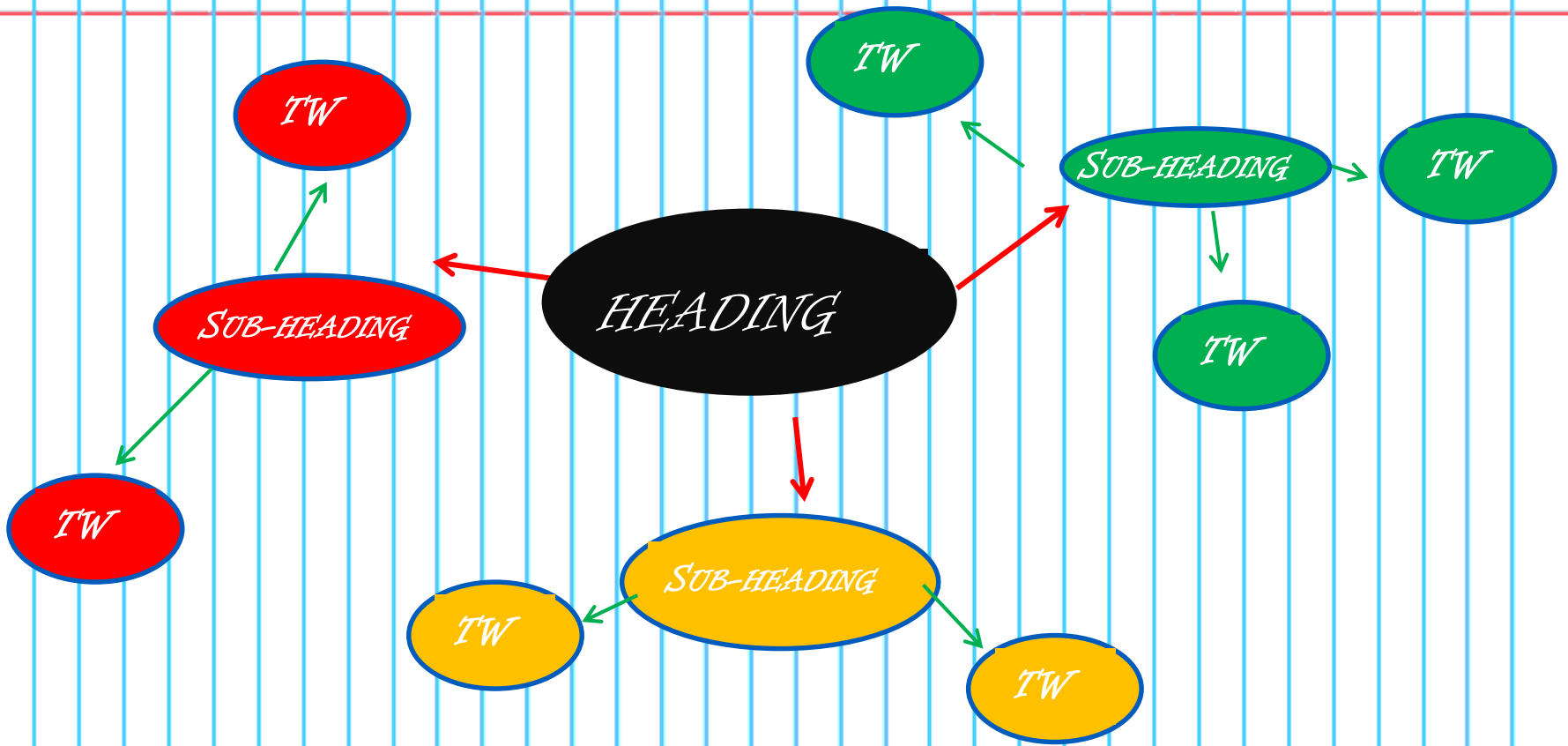
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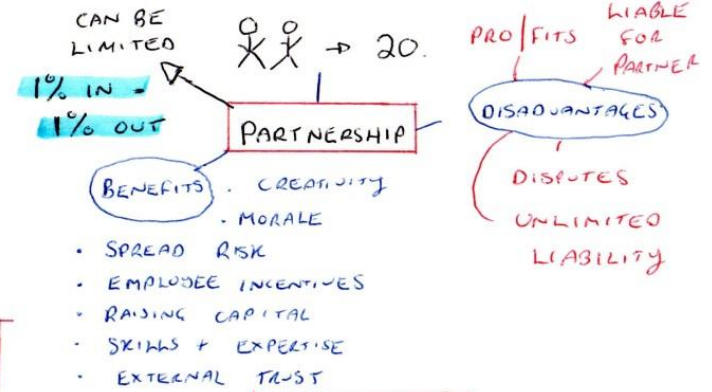
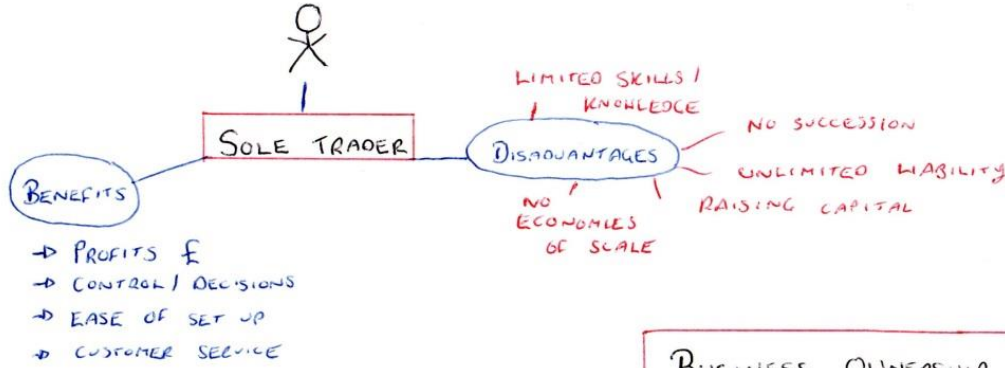
## *SUB-HEADING*

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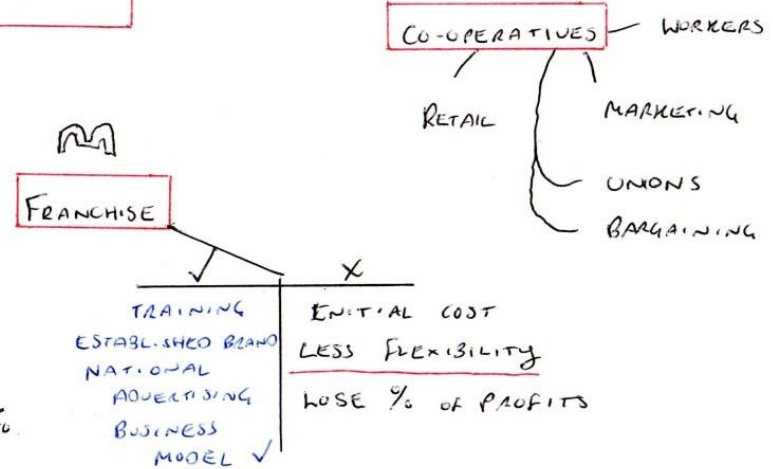
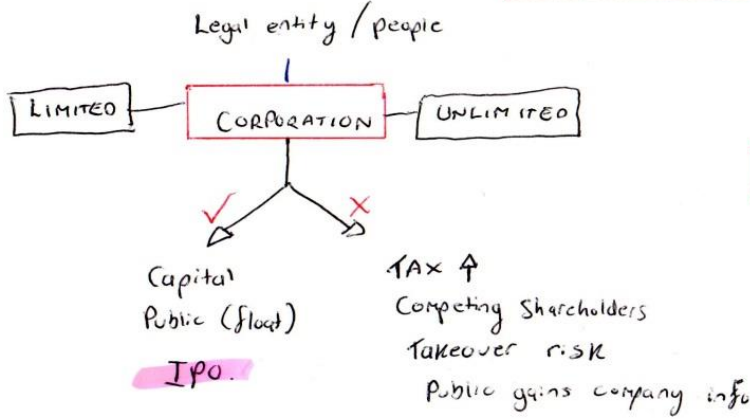
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# Example - Business & Economics



## BUSINESS OWNERSHIP MODELS



# Practice Before Exams


## Practice Exam

Q1: \_\_\_\_\_

Q2: \_\_\_\_\_

Q3: \_\_\_\_\_

Q4: \_\_\_\_\_

- 
- 1) Final Week before test = Practice
  - 2) 1<sup>st</sup> Practice = Open Book
  - 3) 2<sup>nd</sup> Practice = Closed Book

*HEADING*

*SUB-HEADING*

• *TRIGGER*

• *WORDS*

• *-----*

• *-----*

• *-----*

*SUB-HEADING*

• *-----*

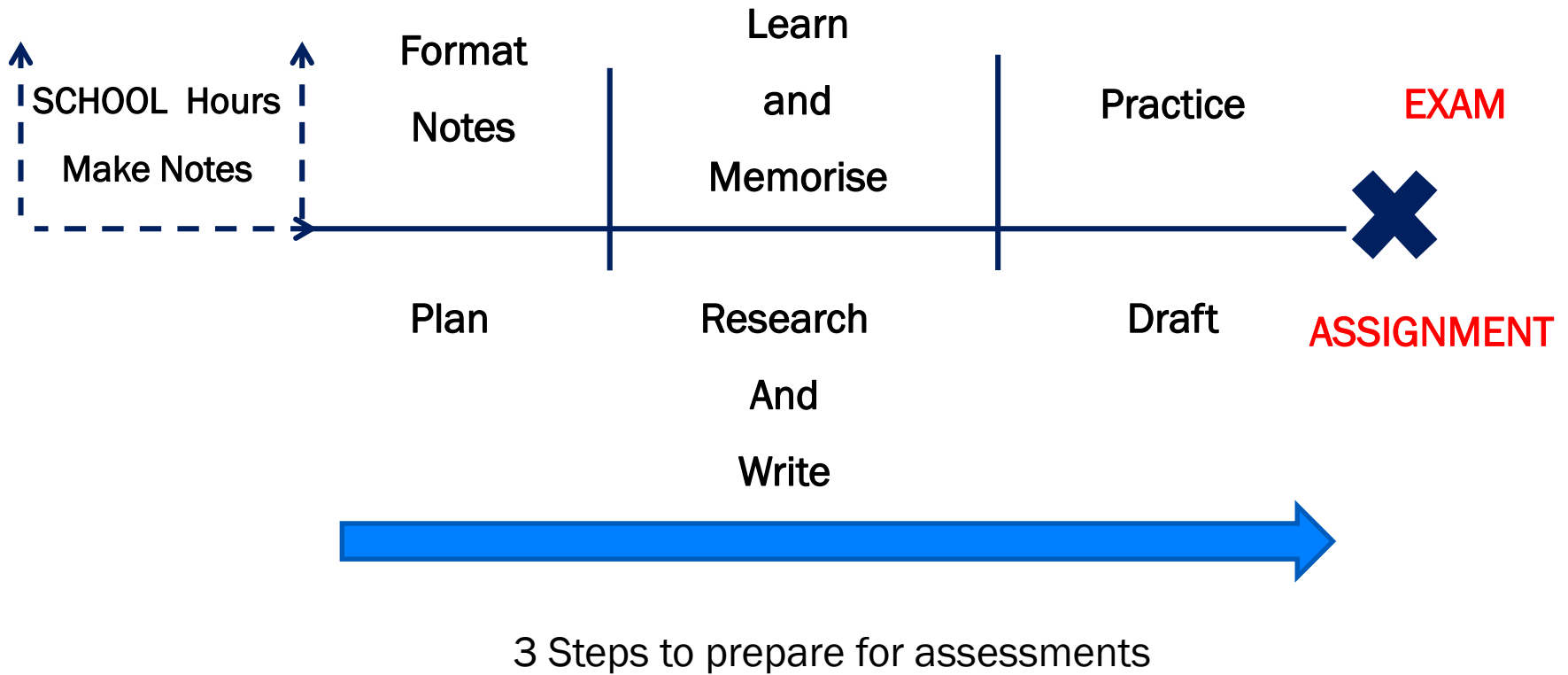
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*SUB-HEADING*

# Preparation Timeline Exams and Assignments



***Exam = Skill***

***Practice = Better Skill Level***

# WHAT NEXT?



To do tonight:

[elevateeducation.com](http://elevateeducation.com)

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