

# PRIVATE STUDY COACHING COURSE OUTLINE

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2020



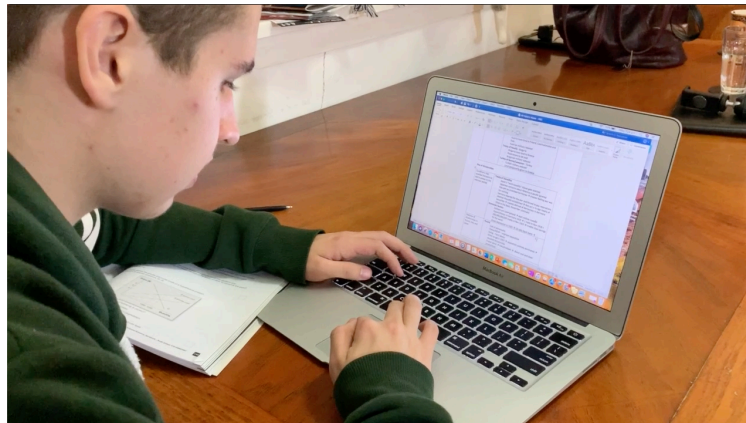


# Overview

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Elevate Education's Private Study Coaching is a 12-week program run in the family home that is designed to transform a student's approach to study.

Students finish the program confident and exam-ready, with an impressive pedigree of study skills. All of the Elevate's 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

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## Pre-Coaching Diagnostic Process

Coaching is for families who want their child to learn how to study effectively and efficiently and build a foundation of habits that will carry them through high school.

The 1 on 1 coaching program begins with a diagnostic assessment process. This involves Elevate sending a consultant to your home to conduct an interview with your child that last 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. The consultant doesn't recite simple yes/no questions, and instead seeks 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 note-taking, memorisation, planning and exam preparation.

The interview culminates in a detailed heatmap report of the student's current study skills and how they compare to Elevate's benchmarking research. The results of this report inform the way the consultant designs a curriculum that is bespoke to 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 *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 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

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*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

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## 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

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## 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

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## 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*

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## 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."

▶ WATCH



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..."

▶ WATCH



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..."

▶ WATCH

## 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.

▶ WATCH



### Speaking on Study Skills at TEDx

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

▶ WATCH



# Contact Us

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## Is Coaching right for me?

Many students go through middle school and high 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 paralysis-by-analysis 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 **1300 667 945**

Or you can email at [auscoaching@elevateeducation.com](mailto:auscoaching@elevateeducation.com)

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

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