
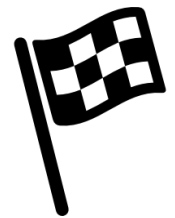


▲ elevat^{education}.com

f /elevateeducation

 @elevateed

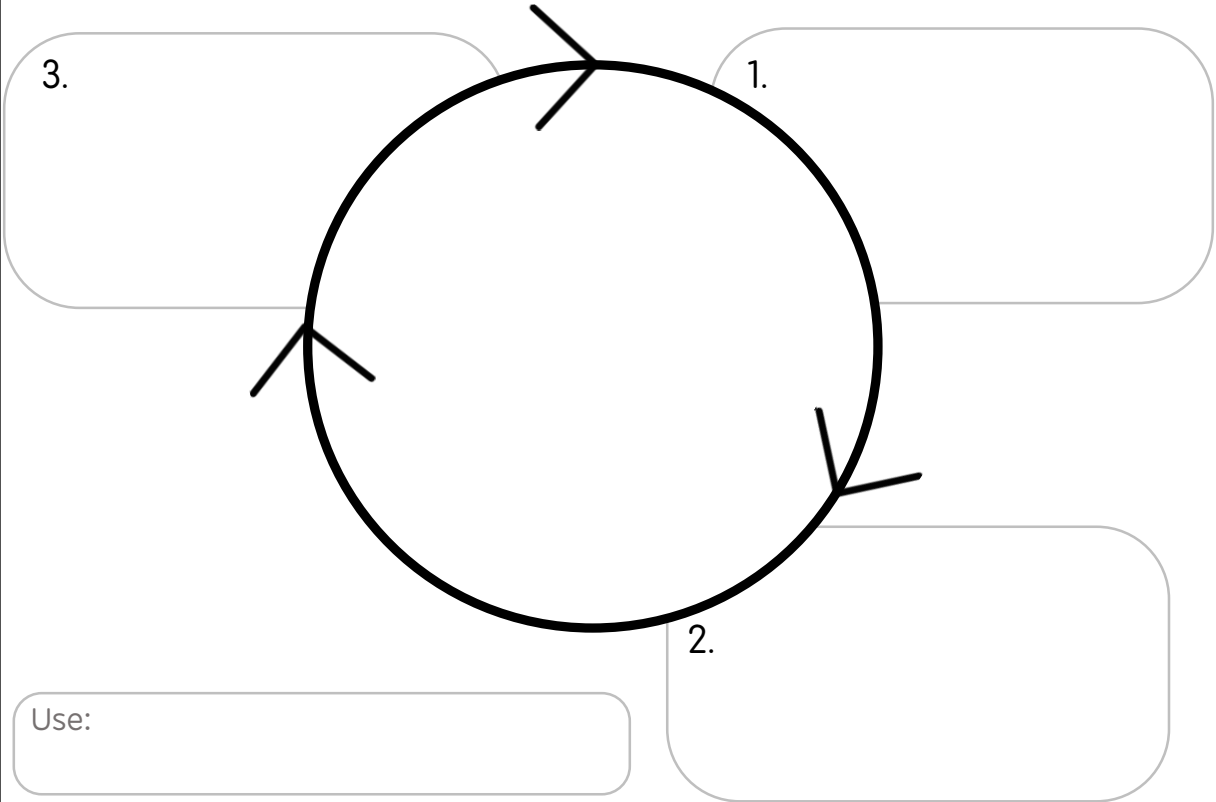


FINISHING LINE

THE FINAL SPRINT WORKBOOK



Step 1



Step 2

Rule of 5

1. Short answer /multi choice	1.
2. Extended answer /essay	2.
3. Mark Exam =	3.
4. Speech or teach	4.
5. Write Exam	5.



? What symptoms do you experience when you are stressed?

- Irritable /moody
- Upset stomach
- Anxious /worried
- hyperventilating
- Sadness
- Feeling tired
- Headaches
- Sore muscles
- Can't focus
- Loss of appetite
- Can't sleep
- No motivation

? What do you do when you are stressed?



Go online



Shop



Sleep



Eat



Video games

Step 1

- 1.
- 2.
- 3.



Step 2

- 1.
2.
 - i.
 - ii.

My other options:

-
-
-
-

Step 3

	Do you?	✓	Solution
1.	Stay at the desk during study breaks?	<input type="radio"/>	<input type="text"/>
2.	Exercise <3x per week?	<input type="radio"/>	<input type="text"/>
3.	Drink stimulants after 2pm?	<input type="radio"/>	<input type="text"/>
4.	Get <8hrs sleep per night?	<input type="radio"/>	<input type="text"/>
5.	Use screens 30 minutes before bed?	<input type="radio"/>	<input type="text"/>



Using the bulletproof booklet

By using the bulletproof booklet throughout the exam period, you ensure that you are identifying and noting down your weakest areas. Therefore, your last few days before the exam should be spent doing past exams and studying your bulletproof booklet. In doing so, you will review all the errors you have made, and how to fix them. It can also be useful to go through your bulletproof booklet and group areas of difficulty. If you spot a pattern that keeps coming up, go back to the textbook or seek advice on that area. Below is an example of a legal studies student's booklet.

Exam	Question	Topic	Why was it wrong?	Correct Answer
2015	Identify one other court that could adjudicate this dispute. Justify your answer	Courts	Didn't justify the answer. Just gave name of court.	County - damages for \$1 million Court of appeal - will hear appeals High Court - if leave granted
2015	Explain 1 reason why the County Court may not be bound by a decision of the Supreme Court.	Courts	Said County is higher court.	- If precedent in Supreme was reversed - Overruled precedent - Abrogation by parliament



Download a digital bulletproof booklet from the Student Portal at www.elevateeducation.com



Holiday & Swotvac study

Step 1



Step 2



Alternate study spaces

- | | |
|-----------------------|-----------------------|
| ✓ Public Library | ✓ Friend's house |
| ✓ University library | ✓ Grandparent's house |
| ✓ Café | ✓ The park |
| ✓ Quiet space at home | ✓ Parent's office |