

# Success Plan

## *Exemplar*

### Overall goals (*set by the student*):

- ☐ Learn how to study effectively
- ☐ Improve exam technique
- ☐ Improve grades

### Specific strategies (*set by Janine*):

- ☐ Foster growth mindset and appreciate neuroplasticity
- ☐ Create sustainable, flexible and realistic weekly time plan, with balance of study vs free time
  - Assess that sleep, exercise, social and relaxation needs being met for healthy mind and body
  - Ensure certain subjects/topics aren't prioritised over others
- ☐ Embed strategies for minimising procrastination + maintaining focus
  - Assess current distractions and create remedies + assess blue light exposure at night
- ☐ Structured, yet flexible, study session framework
  - Follow "my study sessions" card
- ☐ Learn and master effective study strategies:
  - Content informed by curriculum dot points
  - Effective study flow: doing things in the right order; note taking vs note making
  - Regular hand-writing of notes to prepare well for hand-written exams
  - Effective revision: forced recall; spaced repetition; pop quizzes; practice exam questions
- ☐ Exam technique:
  - Freezing/going blank in exams: understanding the biological basis for why this happens
  - Daily relaxation strategy - maintain calm under pressure to maximise performance in exams
  - Specific mindfulness exercises to aid when feeling overwhelmed
  - Regular pop quizzes and mock exam questions
  - Start exam learning journal to enhance exam-related metacognition
  - Embed metacognition reflection before and after pop quizzes/exam questions
- ☐ Effective assignment strategies:
  - Utilise assignment exemplars and year-level summaries to inform approach
  - Backward planning so assignments not started late
  - Introduce assignment reflection framework/learning journal
- ☐ Basic career planning
  - Ensure career goals aligned with personal values and passions
  - Assistance with prioritising and ordering university degree preferences if required

### What's already working well:

- ✓ Learning and studying is a clear priority
- ✓ Enjoying all subjects overall
- ✓ History of consistently very high grades
- ✓ Teachers are engaged and providing fantastic metacognitive support
- ✓ Regular practice of exam-style essay questions
- ✓ Friendships in class healthy and not hindering engagement/learning
- ✓ Maintaining passions outside of school to maintain balance
- ✓ Paid work is flexible and can fit in well around study
- ✓ Keen for, and open to, getting help 😊