

STUDY SAMURAI



STUDY SAMURAI PROGRAM INFO	LEVEL 1 (25 VIDEOS)	LEVEL 2 (25 VIDEOS)	LEVEL 3 (25 VIDEOS)
PERFORMANCE: ACHIEVE PERSONAL BEST PERFORMANCE	<ul style="list-style-type: none"> - Neuroplasticity (ROCKY) - Brain Rules (ROCKY) - 7 Motivation Strategies (ROCKY) - What Drives Human Behavior (ROCKY) - How to Set Goals (ROCKY) 	<ul style="list-style-type: none"> - Maximising Classtime (PRUE) - Practice Methods (ROCKY) - Mental Practice (ROCKY) - Practice Principles (ROCKY) - Getting in the Flow (ROCKY) 	<ul style="list-style-type: none"> - Your Brain and Memory (PRUE) - Finding Help (PRUE) - Aligning Goals To Values ROCKY) - Model Masters (ROCKY) - Sustain Progress Develop Mastery (ROCKY)
STUDY SKILLS: KNOW HOW TO MAKE LEARNING EASY	<ul style="list-style-type: none"> - Study Notes 1 (PRUE) - Mind Maps (PRUE) - How to Study (PRUE) - Test-Taking Techniques (PRUE) - Common Study Mistakes (PRUE) 	<ul style="list-style-type: none"> - Study Notes 2 (PRUE) - Learning Preferences (PRUE) - Improving Reading Skills (PRUE) - Improving Handwriting (PRUE) - After Tests & Exams (PRUE) 	<ul style="list-style-type: none"> -Study Notes 3 (PRUE) - Subject Specific Study (PRUE) - Advanced Memory Techniques (PRUE) - Preparing for Exam Blocks (PRUE) - Essay Writing Skills (PRUE)
TIME MANAGEMENT: BECOME ORGANISED, EFFICIENT AND PRODUCTIVE	<ul style="list-style-type: none"> - Home Study Environment (PRUE) - Organisation and Filing (Paper) (PRUE) - Organisation and Filing (Digital Resources) (PRUE) - Independent Learning (PRUE) - Managing Workload (PRUE) 	<ul style="list-style-type: none"> - Time to Allocate to Schoolwork (PRUE) - Creating Afternoon Routines (PRUE) - Dealing with Technology Distractions (PRUE) - Dealing with Other Distractions (PRUE) - Overcoming Procrastination 1 (PRUE) 	<ul style="list-style-type: none"> - Prioritising Techniques (PRUE) - Managing Workload 2 (PRUE) - Planning Holiday Study (PRUE) - The One Thing (ROCKY) - 80/20 Rule (ROCKY)
MINDSET: DEVELOP A GROWTH AND SUCCESS MINDSET	<ul style="list-style-type: none"> - When will we ever use this? (PRUE) - How Winners Think (ROCKY) - Identity Beliefs (ROCKY) - Fixed and Growth Mindset (ROCKY) - Vision and Purpose (ROCKY) 	<ul style="list-style-type: none"> - Senior School Mindset (PRUE) - How to Change Negative Thinking (ROCKY) - Problem Solving Questions (ROCKY) - Mental Mindset of Champions (ROCKY) - Focus (ROCKY) 	<ul style="list-style-type: none"> - Keeping Things in Perspective (PRUE) - The Power of Failure (ROCKY) - 5 Steps To Get Your Head Right For Senior School (ROCKY) - Changing Your Thinking ABC (ROCKY) - Strategies for a Growth Mindset folder (ROCKY)
WELLBEING: HAVE ENERGY AND MOTIVATION	<ul style="list-style-type: none"> - Lifestyle Factors (PRUE) - Power Poses (ROCKY) - Positive Psychology (ROCKY) - Starting Your Day For Success (ROCKY) - Creating Positive Habits (ROCKY) 	<ul style="list-style-type: none"> - Sleep and Study (PRUE) - Stress and Anxiety Relief With The Tapping Technique (ROCKY) - Accessing The Emotions You Want (Anchoring) (ROCKY) - Asking Better Questions to change your mental focus (ROCKY) - Healthy Mind Platter (ROCKY) 	<ul style="list-style-type: none"> - Nourishing Body and Brain (PRUE) - Meditation and Mindfulness (ROCKY) - Happiness Advantage (ROCKY) - Wellbeing Factors (ROCKY) - Progressive Muscle Relaxation (ROCKY)