

Mastering Study Skills and Examination Technique

Course Overview

Mastering Study Skills and Examination Technique is an intensive two-day program designed for students across all year levels who want to transform their approach to learning and academic performance. Despite increasingly demanding examinations such as the HSC, VCE and IB, the high stakes of the ATAR, Australian schools provide little to no instruction on how to actually study effectively or perform well in exams. This comprehensive course addresses this critical gap by combining evidence-based cognitive science with practical application, providing a complete toolkit of scientifically proven techniques that can be immediately applied to any subject.

This course is a foundational program that teaches students how to learn effectively and perform in examinations. Day one focuses on mastering study techniques tailored to different subject types, exploring how memory works and leveraging this knowledge for effective studying across mathematics, English, the sciences and the humanities. Day two concentrates on strategic exam performance, covering time management, question-type-specific techniques and anxiety management strategies that help students demonstrate their knowledge when it matters most.

Every student receives a bespoke Wise Minds course book featuring clear explanations grounded in cognitive science research and practical frameworks for immediate implementation. We've designed this course to fundamentally reshape how students approach their education—not as isolated subjects to be endured, but as an integrated system that can be mastered through strategic, evidence-based methods. Students develop the metacognitive awareness and practical techniques that distinguish highly effective learners throughout their educational journey.

Course Delivery:

The course will be delivered on site at Wise Minds Tutoring Belconnen in the following formats:

- Lecture-style classes
- Small group tutorials
- Workbooks and additional worksheets
- Practice examinations

Target Students:

- Years 7 to 12
- Students about to commence university

Related Wise Minds Courses:

- Relevant to all Wise Minds subjects

Key Course Information

Length: 16 Hours total (2 days)
Dates: Monday 11th to Tuesday 12th January
Times: 9am to 5pm daily
Location: Wise Minds Belconnen
Positions: 14 students (First in best dressed)
Price: $350 for the entire course (Including GST)
(Can be paid in two equal instalments)

Relevant School Subjects

We believe this course will benefit all of our students, from high school through to university. Despite the high expectations placed on students at school, there is no formal teaching on how to study the content.

Enrolment:

Please email the course contacts below to express your interest and request enrolment in the course. Please note that a deposit is required to confirm your place.

Course Director: Rhys@WiseMindsTutoring.com.au (Ph: 0489089919)
Course Convenor: Lachlan@WiseMindsTutoring.com.au (Ph: 0489071014)

Topic List

Day 1: Study Techniques

The Science of Memory and Learning

How memory works: encoding, storage and retrieval
The forgetting curve and spaced repetition principles
Active learning vs passive reading techniques
Cognitive load theory and information chunking

Study Skills: Mathematics and English

Mathematics: building conceptual understanding before procedural fluency
Mathematics: effective use of worked examples and pattern recognition
English: text analysis and quote bank development
English: essay planning and structure templates under pressure

Study Skills: The Sciences

Content-heavy subjects: comprehensive note-taking for biology and similar subjects
Content-heavy subjects: memorisation techniques and visual learning methods
Conceptually heavy subjects: understanding vs memorising formulas in physics and chemistry
Conceptually heavy subjects: problem-solving frameworks and practical applications

Study Skills: The Humanities

Humanities: source analysis and argument-building techniques
Humanities: timeline creation and comparing multiple perspectives
Cross-subject integration and study technique selection strategies
Comprehensive exam strategy development and goal setting

Day 2: Examination Techniques

Exam Technique

Reading time strategies and exam structure analysis
Time management: marks per minute and strategic allocation
Question ordering strategies: confidence-building vs high-value approaches
Managing exam anxiety and emergency protocols

Multiple Choice Examinations

Multiple choice: systematic elimination and distractor identification
Multiple choice: educated guessing and special option handling

Short Answer Questions

Short answer: maximising marks with minimal words and structured responses

Long Answer Questions

Long answer: rapid planning and PEEL/TEEL paragraph structures

Essay Writing

Essay writing: quick planning and argument development under pressure
Essay writing: adapting prepared material to specific questions
Extended response: understanding advanced marking criteria
Extended response: source integration and demonstrating original thinking
Command word interpretation and response planning
Demonstrating partial knowledge