

# Example Of A Whole School Program Using The Study Samurai Library



There is no right or wrong way to use the Study Samurai Library in your school. Every school will have different programs already in place, different amounts of time available, different levels of computer access and different types of students.

A good approach is to do a mix of both allowing students to browse the site on an as-needs basis either at home or at school and formally completing some units at school.

Following is an example of a whole school approach where skills are developed systematically over Years 7-12. You may choose to show the videos in lessons at school and discuss with the students, or encourage students to watch them at home and take the quiz for the videos. The videos are around 20-30 minutes long. The modules in the Online Wellbeing Resource and the units in the Study Skills Handbook will likely take at least a lesson each to complete – but of course the time taken will vary greatly from student to student.

A good approach is to divide the videos, modules and units you allocate into each year group into compulsory and optional. This allows students who take longer not to feel pressured, and it gives the speedy workers some options for what they can work on next.

## Stage 4 (Year 7/8)

### STUDY SAMURAI LIBRARY video lessons:

<b>Performance: Achieve personal best performance</b>	<b>Study Skills: Know how to make learning easy</b>	<b>Time Management: Become organised, efficient and productive</b>	<b>Mindset: Develop a growth and success mindset</b>	<b>WellBeing: Have energy and motivation</b>
<ul style="list-style-type: none"> <li>• Neuroplasticity (ROCKY)</li> <li>• Brain Rules (ROCKY)</li> <li>• 7 Motivation Strategies (ROCKY)</li> <li>• What Drives Human Behavior (ROCKY)</li> <li>• How to Set Goals (ROCKY)</li> </ul>	<ul style="list-style-type: none"> <li>• Study Notes 1 (PRUE)</li> <li>• Mind Maps (PRUE)</li> <li>• How to Study (PRUE)</li> <li>• Test-Taking Techniques (PRUE)</li> <li>• Common Study Mistakes (PRUE)</li> </ul>	<ul style="list-style-type: none"> <li>• Home Study Environment (PRUE)</li> <li>• Organisation and Filing (Paper) (PRUE)</li> <li>• Organisation and Filing (Digital Resources) (PRUE)</li> <li>• Independent Learning (PRUE)</li> <li>• Managing Workload (PRUE)</li> </ul>	<ul style="list-style-type: none"> <li>• When will we ever use this? (PRUE)</li> <li>• How Winners Think (ROCKY)</li> <li>• Identity Beliefs (ROCKY)</li> <li>• Fixed and Growth Mindset (ROCKY)</li> <li>• Vision and Purpose (ROCKY)</li> </ul>	<ul style="list-style-type: none"> <li>• Lifestyle Factors (PRUE)</li> <li>• Power Poses (ROCKY)</li> <li>• Positive Psychology (ROCKY)</li> <li>• Starting Your Day For Success (ROCKY)</li> <li>• Creating Positive Habits (ROCKY)</li> </ul>

<b>ONLINE WELLBEING RESOURCE modules:</b>	<b>STUDY SKILLS HANDBOOK units:</b>	
<ul style="list-style-type: none"> <li>• Online Stress Management Introduction</li> <li>• Module 1: What is stress?</li> <li>• Module 2: Stress and peak performance</li> <li>• Module 3: Positive Psychology, what determines happiness</li> <li>• Module 4: Quick relaxation &amp; wellbeing tips</li> <li>• Module 5: Learning how to relax, progressive muscle relaxation</li> </ul>	<ul style="list-style-type: none"> <li>• Starting Secondary School</li> <li>• Home Study Environment</li> <li>• Organisation and Filing</li> <li>• Time Management Skills</li> <li>• Assignments Skills</li> <li>• Research Skills</li> <li>• Presentation Skills</li> </ul>	<ul style="list-style-type: none"> <li>• Managing Workload</li> <li>• Will we ever use this? Using Classtime</li> <li>• Asking for Help</li> <li>• Also dip into the units in Improving How You Study</li> </ul>

## STAGE 5 (Years 9/10)

### STUDY SAMURAI LIBRARY video lessons:

<b>Performance: Achieve personal best performance</b>	<b>Study Skills: Know how to make learning easy</b>	<b>Time Management: Become organised, efficient and productive</b>	<b>Mindset: Develop a growth and success mindset</b>	<b>WellBeing: Have energy and motivation</b>
<ul style="list-style-type: none"> <li>Maximising Classtime (PRUE)</li> <li>Practice Methods (ROCKY)</li> <li>Mental Practice (ROCKY)</li> <li>Practice Principles (ROCKY)</li> <li>Getting in the Flow (ROCKY)</li> </ul>	<ul style="list-style-type: none"> <li>Study Notes 2 (PRUE)</li> <li>Learning Preferences (PRUE)</li> <li>Improving Reading Skills (PRUE)</li> <li>Improving Handwriting (PRUE)</li> <li>After Tests &amp; Exams (PRUE)</li> </ul>	<ul style="list-style-type: none"> <li>Time to Allocate to Schoolwork (PRUE)</li> <li>Creating Afternoon Routines (PRUE)</li> <li>Dealing with Technology Distractions (PRUE)</li> <li>Dealing with Other Distractions (PRUE)</li> <li>Overcoming Procrastination (PRUE)</li> </ul>	<ul style="list-style-type: none"> <li>Senior School Mindset (PRUE)</li> <li>How to Change Negative Thinking (ROCKY)</li> <li>Problem Solving Questions (ROCKY)</li> <li>Mental Mindset of Champions (ROCKY)</li> <li>Focus (ROCKY)</li> </ul>	<ul style="list-style-type: none"> <li>Sleep and Study (PRUE)</li> <li>Stress and Anxiety Relief with The Tapping Technique (ROCKY)</li> <li>Accessing The Emotions You Want (Anchoring) (ROCKY)</li> <li>Asking Better Questions to change your mental focus (ROCKY)</li> <li>Healthy Mind Platter (ROCKY)</li> </ul>

<b>ONLINE WELLBEING RESOURCE modules:</b>	<b>STUDY SKILLS HANDBOOK units:</b>	
<ul style="list-style-type: none"> <li>Module 6: Meditation</li> <li>Module 7: Mindfulness</li> <li>Module 8: Stress and the way you think</li> <li>Module 9: Changing your thinking</li> <li>Module 10: Turning negative thinking into positive thinking</li> <li>Module 11: Breathing techniques</li> </ul>	<ul style="list-style-type: none"> <li>Dealing with Distractions</li> <li>Overcoming Procrastination</li> <li>Developing Motivation</li> <li>Dealing with Conflict</li> <li>Groupwork Skills</li> <li>Reading Skills</li> <li>Writing Skills</li> <li>Mathematical Skills</li> <li>Science Skills</li> <li>Foreign Language Skills</li> </ul>	<ul style="list-style-type: none"> <li>Technology Tools</li> <li>Basic Computer Skills</li> <li>Be CyberSmart</li> <li>Bullying: Issues and Strategies</li> <li>Managing Part-Time Jobs</li> <li>Also dip into the units in Improving How You Study</li> </ul>

## STAGE 6 (Years 11/12)

### STUDY SAMURAI LIBRARY video lessons:

<b>Performance: Achieve personal best performance</b>	<b>Study Skills: Know how to make learning easy</b>	<b>Time Management: Become organised, efficient and productive</b>	<b>Mindset: Develop a growth and success mindset</b>	<b>WellBeing: Have energy and motivation</b>
<ul style="list-style-type: none"> <li>Your Brain and Memory (PRUE)</li> <li>Finding Help (PRUE)</li> <li>Aligning Goals To Values (ROCKY)</li> <li>Model Masters (ROCKY)</li> <li>Sustain Progress Develop Mastery (ROCKY)</li> </ul>	<ul style="list-style-type: none"> <li>Study Notes 3 (PRUE)</li> <li>Subject Specific Study (PRUE)</li> <li>Advanced Memory Techniques (PRUE)</li> <li>Preparing for Exam Blocks (PRUE)</li> <li>Essay Writing Skills (PRUE)</li> </ul>	<ul style="list-style-type: none"> <li>Prioritising Techniques (PRUE)</li> <li>Managing Workload 2 (PRUE)</li> <li>Planning Holiday Study (PRUE)</li> <li>The One Thing (ROCKY)</li> <li>80/20 Rule (ROCKY)</li> </ul>	<ul style="list-style-type: none"> <li>Keeping Things in Perspective (PRUE)</li> <li>The Power of Failure (ROCKY)</li> <li>5 Steps To Get Your Head Right For Senior School (ROCKY)</li> <li>Changing Your Thinking ABC (ROCKY)</li> <li>Strategies for a Growth Mindset</li> </ul>	<ul style="list-style-type: none"> <li>Nourishing Body and Brain (PRUE)</li> <li>Meditation and Mindfulness (ROCKY)</li> <li>Happiness Advantage (ROCKY)</li> <li>Wellbeing Factors (ROCKY)</li> <li>Progressive Muscle Relaxation (ROCKY)</li> </ul>

<b>ONLINE WELLBEING RESOURCE modules:</b>	<b>STUDY SKILLS HANDBOOK units:</b>	
<ul style="list-style-type: none"> <li>Module 12: Changing your focus</li> <li>Module 13: Pressure points to help you relax</li> <li>Module 14: Time management</li> <li>Module 15: Self-image beliefs</li> <li>Module 16: How to create positive habits</li> </ul>	<ul style="list-style-type: none"> <li>Becoming a Senior Student</li> <li>Goal Setting</li> <li>Lifestyle and Balance</li> <li>Managing Stress</li> <li>Your Brain and Memory</li> <li>Live Your Best Life</li> </ul>	<ul style="list-style-type: none"> <li>Summarising</li> <li>Active Studying</li> <li>Preparing for Exam Blocks</li> <li>Test-Taking Techniques</li> <li>After Tests &amp; Exams</li> <li>Studying at University</li> </ul>