

Senior Seminars

Study Sensei



We address the question: “What is study?” This seminar breaks down the study techniques of the top students, providing students with a road-map for what work they need to be doing across the year and how to do it.

Students Learn:

- Working consistently
- Organized note taking
- Conceptual learning skills
- Standing out on assessment

Time Management



This seminar addresses the second most common question: “Once I know what to do, how do I find the time to do it?” Students have busy lives and for most the challenge is simply finding time to get the work done.

Students Learn:

- Study routines
- Working smarter
- Leveraging study groups
- Avoiding procrastination

Ace Your Exams



This seminar is all about maximizing output after a mock exam. Rather than being content with the outcome, students are shown how to be proactive in getting feedback from teachers in order to rectify their mistakes and ensuring they don't happen on the exam.

Students Learn:

- Effective exam preparation
- Fixing mistakes
- Stress management
- Exam room technique

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Student Elevation



In this seminar we show students how they can self-motivate throughout their final years. We show students how setting clear, actionable goals can lead to strong study habits. By breaking these goals into manageable chunks, students can work consistently and confidently.

Students Learn:

- Growth mindset
- Goal-setting
- Short-term planning

Memory Mnemonics



This seminar teaches students introduces students how to harness their most valuable resource in an exam: effective recall of content. After setting up their study spaces in an effective way and boosting their attention, students are shown the techniques top students use to recall vast chunks of information.

Students Learn:

- Boosting exam recall
- Boosting attention during study
- Advanced mnemonic skills
- Creating effective study spaces

Finishing Line



The Finishing Line session is designed for Year 13 students on the home stretch, helping them re-engage with strategies to maintain concentration and manage stress. By showing students how to minimize their weaknesses, control their stress and revise effectively, students can go into their final exams confident.

Students Learn:

- How to work during holidays
- Stress management techniques
- Exam-focused revision