



Trends in EDUCATION SERIES

Invitation



TAKING A HIGH PERFORMANCE APPROACH TO STUDY

Presented by Scott Francis

The task of studying effectively is a significant one – it relies on a mix of motivation, determination and effective study strategies to create worthwhile results.

This presentation considers the challenge of getting the greatest impact from our study time, thinking about how high performance strategies used in business, sporting and cultural endeavours can translate to improved study impacts. Research based strategies that will be covered include setting goals, working within our brain's attention spans, thinking about the positive role of exercise on performance, reflecting on how stress impacts productivity, approaching exams and assignments in thoughtful ways, learning from feedback, 'practicing' for performance, thinking about motivation, and the role that mindset plays in learning effectively.

Under the COVID safe plan:

- All attendees will need to check in upon arrival via the Check In Qld app.
- Hand sanitiser will be made available.
- No person should attend if they have, in the last 14 days, travelled from overseas or a COVID-19 hotspot or had close contact with a person who is positive for COVID-19.
- No person should attend if they are or have recently experienced cough, fever, sore throat, fatigue, shortness of breath, or loss of smell or taste.

WHEN
Wednesday 19 May 2021

5:30pm – 7:00pm

WHERE
St Margaret's Arts Centre Foyer

RSVP
Friday 14 May 2021

[www.stmargarets.qld.edu.au/
trends-in-education/trends-in-education](http://www.stmargarets.qld.edu.au/trends-in-education/trends-in-education)

For more information contact

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Refreshments provided on arrival

**THIS EVENT WILL ALSO
BE LIVE-STREAMED**

THIS EVENT IS FREE

SEMINAR 1