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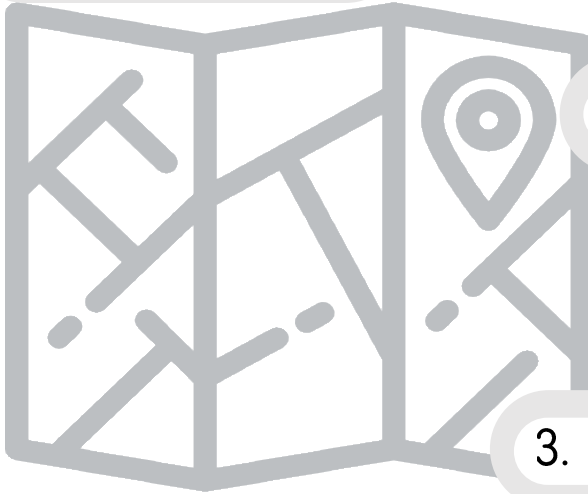


STUDENT ELEVATION

A GUIDE TO SUCCESS WORKBOOK



1.



2.

3.

Definitions:

1.

2.

3.



Beliefs of the peak performing student

1.

2.

3.

Limiting beliefs:

Subject	I can't	Mark	Position
1.	1.	1.	1.
2.	2.	2.	2.
3.	3.	3.	3.
4.	4.	4.	4.
5.	5.	5.	5.
6.	6.	6.	6.



What happens when you say, "I can't"?



I will...

1.

2.

3.

Tip

To change from a fixed to growth mindset...

1.

2.



3

Reasons to set goals

1.

2.

3.



Your goals should be:

1.

2.



Creating your goal

Step 1

Decide what course /s you want to study

Step 2

Find the **highest** entrance mark for that course

Step 3

Account for rising university entrance scores

50 – 80: Add 3%

80 – 90: Add 2%

90 – 95: Add 1%

95 – 99.95: Add .5%

Step 4

Add that number onto your mark:

Your Specific goal:



Making your goal matter

Setting a goal is the first step to getting truly motivated. That said, unless we care about that goal, get attached to it, and reinforce it – it might not provide sustained motivation. Use the 3 steps below to help turn ideas into tangible (and even exciting) goals to strive for.



Attending university or college open days is an amazing way to actually experience the life of a student. Sit in on a lecture and get a hold of the faculty handbook of the course you're looking to do.



Universities are a great starting point, but once you have ideas about what you may want to study, chat to somebody who is doing it and get a real insider's look into what you should expect. They will give you a realistic view of the course..



Surround yourself with your goal. Get a visual reminder (photo etc.), print it off, and stick it on the wall where you study or make it your background on your computer. Give yourself a visual cue so that when you are studying you have a clear reminder of why you need to keep going.



For more advice on goals, work, and university, head to the Student Portal at www.elevateeducation.com



Planning

1

Peak performing students all:

-
-

2

Peak performing students set short-term goals to:

-
-

Short term planner:

Subject	Assessment	Goal	Requirements	To do	Mark
English	Essay- Climate change	65%	Due 1/10	-Speak to teacher -Research topic -Write draft + proofread	67%
Maths	Test	70%	Due 4/10	-Practice Questions -Revision sessions -Study group	71%