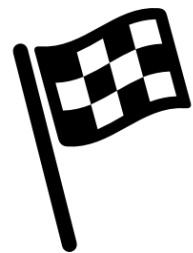




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rondo



FINISHING LINE

THE FINAL SPRINT WORKBOOK



Step 1

1.

2.

3.

Use:

Step 2

Rule of 5

1. Short answer/multi choice
2. Extended answer/essay
3. Mark exam
4. Speech or teach
5. Write exam

=

1.

2.

3.

4.

5.



Using the bulletproof booklet

By using the bulletproof booklet throughout the exam period, you ensure that you are identifying and noting down your weakest areas. Therefore, your last few days before the exam should be spent doing past exams and studying your bulletproof booklet. In doing so, you will review all the errors you have made, and how to fix them. It can also be useful to go through your bulletproof booklet and group areas of difficulty. If you spot a pattern that keeps coming up, go back to the textbook or seek advice on that area. Below is an example of a science student's booklet.

Exam	Question	Topic	Why was it wrong?	Correct Answer
Science 2023	Fossil remains found in the Eastern half of Africa are 3-4 million years old. The fossil remains: a) Are descendants of the Homo Erectus b) Represent the oldest evidence found of primates c) show early evidence that hominins were bipedal d) Represent the earliest examples of the hominoid family	Hominin Evolution	Confused 'hominin' with 'hominoid'	(c)
Literature 2023	Raymond Carver's stories confront the reader with the emptiness of everyday life" Do you agree? (Will you please be quiet please?" by Raymond Carver).	Text response	Lost marks due a lack of examples. I made arguments in my essay, however didn't provide enough relevant examples from the book to back them up.	Action (<i>find examples</i>) Example a: Example b: Example c: Example d:



Download a digital bulletproof booklet from the Student Portal at austudent.elevateeducation.com



? What symptoms do you experience when you are stressed?

- | | | |
|---|--|--|
| <input type="checkbox"/> Irritable/moody | <input type="checkbox"/> Upset stomach | <input type="checkbox"/> Anxious/worried |
| <input type="checkbox"/> Hyperventilating | <input type="checkbox"/> Sadness | <input type="checkbox"/> Feeling tired |
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Sore muscles | <input type="checkbox"/> Can't focus |
| <input type="checkbox"/> Loss of appetite | <input type="checkbox"/> Can't sleep | <input type="checkbox"/> No motivation |

? What do you do when you are stressed?



☐ Go online



☐ Shop



☐ Sleep



☐ Eat



☐ Video games

Step 1

- 1.
- 2.
- 3.



Step 2

- 1.
2.
 - i.
 - ii.

My other options:

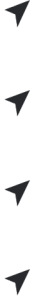


Step 3

Do you?	✓	Solution
1. Stay at the desk during study breaks?	<input type="radio"/>	<input type="text"/>
2. Exercise <3x per week?	<input type="radio"/>	<input type="text"/>
3. Drink stimulants after 2pm?	<input type="radio"/>	<input type="text"/>
4. Get <8 hours sleep per night?	<input type="radio"/>	<input type="text"/>
5. Use screens 30 minutes before bed?	<input type="radio"/>	<input type="text"/>



Step 1



Step 2



Alternate study spaces

- | | |
|-----------------------|--------------------|
| ✓ Public Library | ✓ Friend's house |
| ✓ University | ✓ Relative's house |
| ✓ Café | ✓ The park |
| ✓ Quiet space at home | ✓ Parent's office |