

# TOPICS AND CONTENT

Act = Activity   CL = Check List   WS = Worksheet   (A3) = A3 Size Worksheet

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# SUGGESTED TOPIC SEQUENCE

## YEARS 7 - 12

TOPICS \ YEARS	7	8	9	10	11	12	PERIOD USED
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### CORE TOPICS

1	SET YOUR GOALS	✓	✓	✓	✓	✓	✓	PASTORAL CARE
2	LEARN HOW TO STUDY	✓	✓	✓	✓	✓	✓	PASTORAL CARE
3	UNDERSTAND AND USE YOUR WALL PLANNER	✓	✓	✓	✓	✓	✓	PASTORAL CARE
4	PREPARE FOR EXAMINATION	✓	✓	✓	✓	✓	✓	PASTORAL CARE

### FURTHER TOPICS

5	MANAGE THE BASICS	✓			✓			PASTORAL CARE
6	KNOW YOURSELF		✓			✓		PASTORAL CARE
7	MOTIVATE YOURSELF			✓			✓	PASTORAL CARE
8	IMPROVE YOUR MEMORY AND RECALL	✓			✓			PASTORAL CARE
9	USE MAPPING STRATEGIES		✓			✓		PASTORAL CARE
10	IMPROVE YOUR READING AND ESSAY TECHNIQUE			✓			✓	PASTORAL CARE
11	STREAMLINE YOUR BOOKWORK AND NOTE TAKING TECHNIQUE	✓			✓			PASTORAL CARE OR STUDY PERIOD
12	EVOLVE AS AN INDEPENDENT LEARNER					✓	✓	PASTORAL CARE OR STUDY PERIOD