



## Library Happenings!

### Reading Challenge

Have you challenged yourself to read a book each month yet?

Pick up a book and you just might

**"Discover or rediscover the joy of reading"!**



**Need a Book to Read?**

**Come and browse the shelves and try out our Reading Chair!**

## Delve into the world of Paper Planes!

**Glide into the pages of this new book we have in the Library**

### PAPER PLANES

**By Steve Worland**



*One paper plane flies straight and fast and true. Dylan's.*

Twelve-year-old Dylan Webber lives in outback Western Australia in a small country town. When he discovers he has a talent for folding and flying paper planes, Dylan begins a journey to reach the World Junior Paper Plane Championships in Japan.

Along the way he makes unlikely new friends, clashes with powerful rivals and comes to terms with his family's past before facing his greatest challenge – to create a paper plane that will compete with the best in the world.

Steve Worland brings you the exciting, heartwarming story of *Paper Planes*, adapted from the award-winning family film that features a cast of Australia's finest actors, including Sam Worthington, Deborah Mailman, David Wenham and Ed Oxenbould.

**Source:**

[https://books.google.com.au/books?id=ISjJBQAAQBAJ&dq=paper+planes+by+steve+worland&source=gbs\\_navlinks\\_s](https://books.google.com.au/books?id=ISjJBQAAQBAJ&dq=paper+planes+by+steve+worland&source=gbs_navlinks_s)

# General tips for revision:

1. **Start early.** Do not try and cram everything the night before. Plan a revision timetable that spaces out what you have to learn and allows enough time for each subject. It is best to work backwards from the exam week itself – planning last minute recap revision the night before named exams, with another session for that subject a few days earlier and another a few days before that etc. Recap at the start of a new session to see what you remember about this subject from the previous session of revision.



2. Pay attention to **how you learn**, not just what you have to learn:
  - **Position:** notice how changing position affects your concentration: sitting upright at a desk, lying on the floor, sitting on the bed?
  - **Food:** do you study best before dinner? After eating? Whilst snacking? What kind of food helps you concentrate (regardless of when it is eaten)? Don't have sugary snacks for 'energy' – you will get a short burst of energy but then become more tired.
  - **Exercise:** are you doing the right amount to stimulate concentration or so much you're tired ?



- Time of day: do you study better at night; in the morning?
  - Location: do you prefer to study in your room; at a library; in school?
  - **Company:** do you work better alone or with a partner?
3. **Doing something with the material we want to learn is 100% more effective than just reading it, because it actually forces us to check that we understand it.** Some things need to be **practised** not just read or discussed or explained to someone e.g. maths questions, diagrams in lots of subjects, language vocabulary etc



4. **Get plenty of sleep** – starting before midnight and getting up by 10!
5. **Revise in short bursts** – generally your age plus 2 = the number of minutes you can realistically concentrate effectively. Have a stretch break at least once every 20 mins. Do something active in your break – don't just switch to facebook whilst sitting still!

Run up and down the stairs repeating what you've learned. Then take a 5-10 minute break.

6. Research also shows that **variety is better** than spending too long on one subject (even with breaks) – spend 40/45 mins (or two short sessions) on one subject, then a break, then a different subject.

7. **Don't work with the TV on.** Your brain will be confused by trying to process what you are learning with the interference of input from the TV: you are overloading your working memory and dividing your capacity for paying attention. If you are listening to music (and some people do find that it helps block out other noises in the house) choose QUIET instrumental music, not lyrics, as lyrics will interfere with the words you are trying to learn. Listening to different pieces of music for different topics may help you link a particular piece of music to particular learning, making it easier to recall ('I know that, it was when I was listening to xyz').



8. **Study different subjects in different rooms, using different pens, different music etc – create a mood per subject.**



9. **Revise the same material in different ways, so your 'repetition' isn't just doing the same thing again.** This makes sure that you have used a variety of techniques so it's more likely to stick.

10. **Use both the left and right halves of your brain** (broadly: **the left stores 'detail'** and the **right stores 'big ideas'**). So, mix it up:
  - a. Create a 'big picture' general overview first and learn it, then study different parts in detail
  - b. Learn the component parts individually first and then use these to create a big picture
  - c. Compound parts – learn the first part, then the second, go back to revise the first *and* second, then learn the third, revise first, second and third ...and so on.

## Online Study Skills Handbook has a new home!

QHS students have direct access to the Online Study Skills Handbook through the Quirindi High School Library Blog.

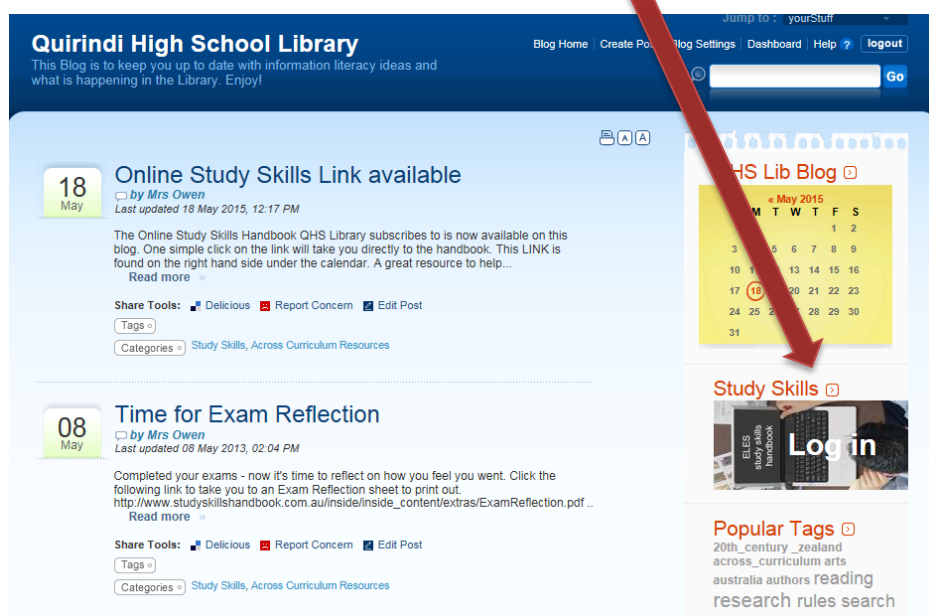
This Blog is available to all students through their Student Portal.

Follow these steps to start using the Online Study Skills Program:

- Login to your [Student Portal](#)
- Click on the **LEARNING TAB** – scroll down to **blogED** and click
- In My Blog Roll click **Quirindi High School Library**.

Click the Study Skills Login link as shown on the home page below.

This will take you straight to the site.



The screenshot shows the Quirindi High School Library Blog interface. At the top, there's a navigation bar with links like 'Blog Home', 'Create Post', 'Blog Settings', 'Dashboard', 'Help', and 'logout'. Below this is a search bar. The main content area features two blog posts. The first post, dated 18 May, is titled 'Online Study Skills Link available' and mentions that the handbook is now available on the blog. The second post, dated 08 May, is titled 'Time for Exam Reflection' and provides a link to an exam reflection sheet. On the right-hand side, there is a sidebar with a calendar for May 2015, a 'Study Skills Login' link with a corresponding image, and a 'Popular Tags' section listing various tags like '20th\_century\_zealand', 'across\_curriculum arts', 'australia authors reading', 'research rules search', etc.



### Need Help?

Make sure you ask us for help.

Happy Reading and Studying!

Mrs Owen – Teacher Librarian

Mrs Sweep – SAS Library