

# BETTER GRADES IN LESS TIME: HOW TO HELP YOUR STUDENTS LEARN EFFICIENTLY



Friday, May 3, 2019, 10:30-11:45am

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# Presenters

Paul Rivas  
SMITH RIVAS Study Skills & Academic Coaching

Nancy Levonian (*in absentia*)  
Lives Under Construction

# Contact us at

[paul@smithrivas.com](mailto:paul@smithrivas.com)

[nancy.a.levonian@gmail.com](mailto:nancy.a.levonian@gmail.com)

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# LEARNING OBJECTIVES

1

- Inspire students who aren't motivated in their classes by teaching them that learning cool stuff efficiently on their own earns them more autonomy.

2

- Coach students who get good grades easily and have lots of leisure time to think big to identify their guiding purposes. Mentor them to use self-study in their pursuit of their greatest goals.

3

- Add value to the educational experience of high-performing students who are frustrated with the limitations in their school's curriculum by showing them how to use self-study to gain the mastery they desire in their challenging pursuits.

# MEET THE TEAM



Paul Rivas



Barry the Study Dog



Laura Rivas

smithrivas.com • (202) 615-7791 • paul@smithrivas.com



## Questions

1. Why should we listen to you? Where's Barry?
2. Why bother learning stuff, why not just get good grades?
3. How do people actually learn?
4. How does learning get you better grades in less time?

Why listen to me? Because this stuff is science.

“Paul Rivas takes research about how people learn and translates it into effective practices that students can implement and use to succeed in their classes.”



–Stephen L. Chew, Samford University  
Psychology Professor and Chair

Why listen to me? Because this stuff will work for you.

“Paul Rivas has a gift for understanding what it takes to unlock a young person’s academic potential. In this book is his invaluable guidance, for every type learner: something every college-bound student, and their parents, should read.”



–Judy Woodruff, PBS NewsHour

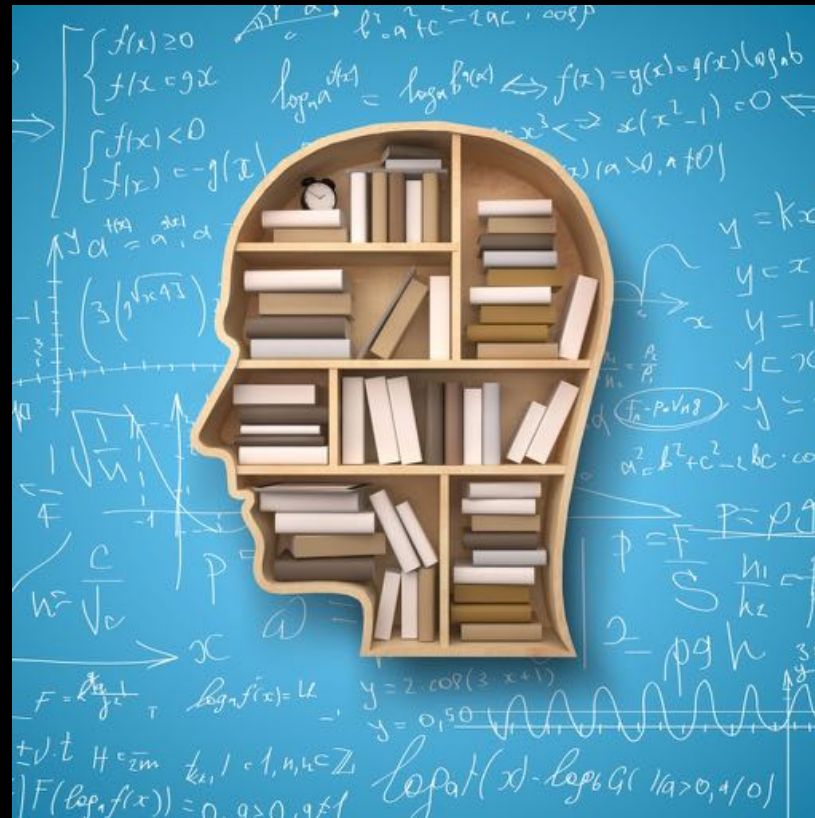
Why listen to me? Because not doing so is expensive.

“As college costs continue to soar, it’s become even more important to get the most out of your time on campus. You can get on top of schoolwork, participate in rewarding extracurriculars, and prepare yourself for an exciting post-college life by following the steps in this smart, practical book.”



–Daniel H. Pink, Author of *When and Drive*





Why bother? Because learning is better than grades.



Why bother? Because college is expensive.



Why bother? Because better grades in less time means a better you.



How do people learn? Try this NPR Learning Quiz!

1. True or false: When it comes to learning, metacognition (e.g. thinking about thinking) can be just as important as intelligence.
  
2. What's the best way to learn from a text?
  - A) Read and reread the text
  - B) Explain key areas of the text to yourself while reading
  - C) Underline key concepts
  - D) Use a highlighter

How do people learn? NPR Learning Quiz (continued)

3. True or false: Intelligence is fixed at birth.
4. You have a test coming up. What's the best way to review the material?
  - A) Circle key points in the textbook
  - B) Review relevant points of the lecture in audio format
  - C) Take an informal quiz based on the material

How do people learn? NPR Learning Quiz (continued)

5. To which of the following should you *not* tailor your learning?
- A) Learning styles (visual, audio, etc.)
  - B) Previous knowledge
  - C) Interests
  - D) Ability
6. True or false: Learning should be spaced out over time.
7. True or false: Right-brained people learn differently from left-brained people.



How to get better grades in less time? Plan, review, log.

## WEEKLY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 AM							
7 AM							
8 AM							
9 AM							
10 AM							
11 AM							
12 PM							
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6 PM							
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10 PM							
11 PM							

Plan your work for weekend mornings and right after after-school snack.



## QUARTER CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11 (FINALS)							

Review each class every weekend and make study guides.

	STUFF I HAVE TO DO	HOW LONG I THINK IT'LL TAKE	DAY & TIME I'LL DO IT	HOW LONG IT ACTUALLY TOOK, AND <u>WHY</u>
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Log all your assignments and review sessions to discover how to improve.

# Next Step #1

**WEEKLY SCHEDULE**

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Print these on [smithrivas.com/motivation](http://smithrivas.com/motivation)

## Next Step #2

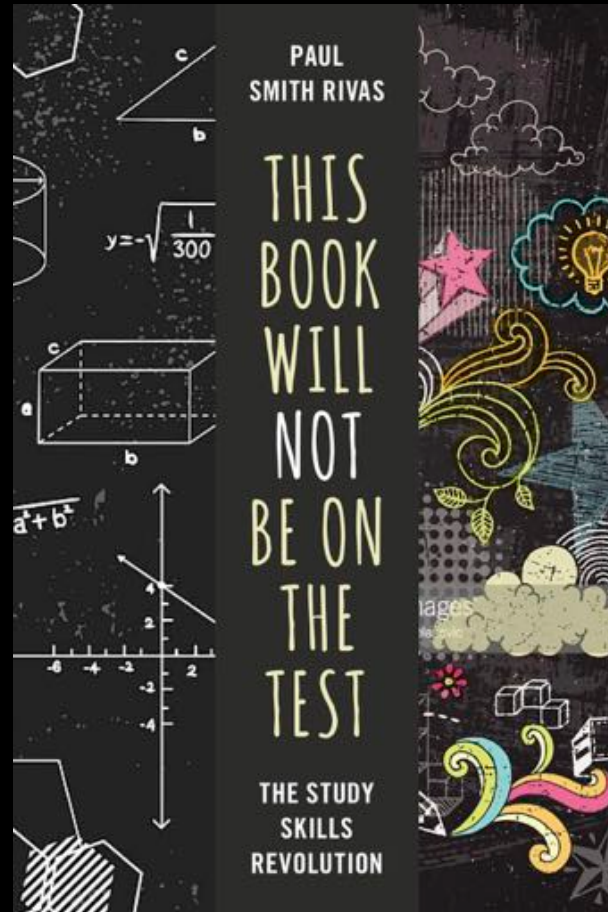
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Published every Monday morning, The Study Skills Revolution features: timely, original, and practical advice on study skills and time management, profiles of our favorite colleagues, book recommendations, study skills resources, and maybe a podcast.

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## Next Step #3



Read *This Book Will Not Be on the Test*

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Questions?





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**for attending our session!**

**We'd love to hear from you!**

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