



SECONDARY STUDY SKILLS CAMP

Galston Gorge Conference & Recreation Centre

DAY 1		
10.00	Arrive & Welcome	Students meet the leaders and are welcomed to camp.
10.30	Morning Tea	
11.00	Activity Explanation	Students are divided into groups to complete the following activities throughout the camp: <ol style="list-style-type: none"> 1. BMX or Archery 2. High Ropes - Jacob's Ladder or The Great Escape 3. Mission Impossible or Low Ropes
11.15	Activity Session 1	Students complete their first activity.
12.45	Lunch	
1.45	Life as a Senior Student	A general introduction to the whole study skills program. Looks at the transition from Year 10 to Years 11 & 12. Examines current study habits and motivations.
3.00	Afternoon tea	Includes cabin allocation.
3.30	Designing Your Study Routine	Students look at how their study routine and timetable can affect their preparation for the HSC.
5.00	Showers & Free Time	<i>Supervised by teachers.</i>
6.00	Dinner	
7.00	The Game of Life	A life sized simulation based on the Game of Life board game.
9.00	Supper	
9.30	To cabins	<i>Teachers to supervise until morning.</i>

DAY 2		
7.30	Rise	The leaders ensure everyone is awake and ready for the day.
8.00	Breakfast	
9.00	Christian Discovery	Students learn about an aspect of what Christians believe, through a talk and interactive discussion groups with their leaders. They also have a chance to share what they believe and ask any questions they might have.
10.30	Morning tea	
11.00	Specific Study Skills	Students learn new strategies in 3 key areas of study skills: Reading, Note taking and Memory.
12.30	Lunch	
1.30	Activity Session 2	Students complete their second activity.
3.00	Afternoon tea	
3.30	Stress management	Looks at stress, causes and symptoms and developing some techniques for effectively remaining in a "stress comfort zone."
4.30	Showers & Free Time	<i>Supervised by teachers.</i>
6.00	Dinner	
7.00	Group Dynamics	A fun simulation game that enables students to work together to achieve a particular outcome.
8.30	Indoor Games	Students enjoy some great group games in the gym.
9.30	Supper	
10.00	To cabins	<i>Teachers to supervise until morning.</i>

DAY 3		
7.15	Rise and pack	Students need to pack their bags and cabins before breakfast.
8.00	Breakfast	
9.00	Christian Discovery	Students learn about an aspect of what Christians believe, through a talk and interactive discussion groups with their leaders. They also have a chance to share what they believe and ask any questions they might have.
10.15	Morning tea	
10.30	Activity Session 3	Students complete their third activity.
12.00	Lunch	
12.45	Reflection and Goal Setting	Helps students to set manageable and realistic goals to enable them to achieve a higher standard of achievement.
1.30	Camp Evaluation	Including wrap up and farewells.
2.00	Bus leaves	