

Dear Parents,

As you know a significant area of our work in the last ten months has been around the delivery of a key program that will meet the needs of your student's mental health, wellbeing and academic progress. These are critical concerns for our young people, their parents and teachers.

We are delighted to announce our latest tip that will help both you and your child. This tip is from our valuable KWSC Pastoral care program – The **Study Samurai Library**.



You can now access a new and improved version of the Study Samurai Library directly through the Study Skills Handbook site.

STUDY SKILLS TIP FOR Mid-April:

Ask Better Questions, Get Better Answers

"If I had an hour to solve a problem and my life depended on it, I would use the first 55 minutes to determine the proper questions to ask." Albert Einstein.

Questions! Let's try one. What colour is your house? You thought about the colour of your house, right?

Here are more fun questions. What are you proud of? What makes you most happy? Take a moment, think about that.

When you ask yourself a question, your brain is focused on that question. In fact, it works to answer the question.

Questions are a powerful way to focus your mind. When you hear a question, it momentarily hijacks your thought process on the question.

You didn't consciously tell your brain to think about the question and answer it; it just did so automatically.

Questions are powerful. Hearing a question affects what our brains do in that instant it can also shape our future behaviours.

Questions trigger a mental reflex known as "instinctive elaboration". When a question is posed, it takes over the brain's thought process, and when your brain is thinking about the answer to a question, it can't focus on anything else.

If you are solving a problem asking, "why is this happening to me?" may not be the best question to ask.

Perhaps a better question could be, "what do I need to make this situation better"?

3 Powerful Focus Questions.

Here are three questions to help focus your mind on solutions rather than problems.

The first question is about **Vision** or the **Outcome** you want.

What do you want? (What are your goals?)

The second question is about purpose and reinforces your focus on the first question.

Why do you want that? (Why is it important to you)?

The third question is about action.

How will you get what you want? What's your plan?

These three broad-based questions are beneficial in refocusing your mind away from over-thinking problems and more on what's required to help me take the next best step toward a solution.

Have these questions or others you may come up with on a poster in your room or perhaps on your computer or phone.

Have a visual prompt of powerful questions that steer your focus and attention toward feeling better and toward positive actions.

Learn more through the video lessons on the **Study Samurai Library**.

You can now access a new and improved version of the Study Samurai Library directly through the Study Skills Handbook site:

www.studyskillshandbook.com.au

Username: KWSCsecondary

Password: kawana

← Note the lower case 'k'

JUMPSTART YOUR STUDY SKILLS AT KWSC:

www.studyskillshandbook.com.au

www.studysamurai.com

The ultimate study skills and wellbeing resource

Our school's login details are below:

Years 7-12 Program

www.studymaurai

*School's username and password is the same for everybody (staff, students and parents)

Username: KWSCsecondary

Password: kawana

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Year 6 Transition program

<https://preparinginprimary.com.au/login/welcome/>

*School's username and password is the same for everybody (staff, students and parents)

Username: KWSCprimary

Password: kawana



Note the lower case 'k'

***All parents, students and staff have FULL access to this program. Please visit our KWSC Website, under Support and Resources ->Parent Resources -> The Study Samurai Library.**

If you would like any further information on how to unlock your child's potential using the Study Samurai Library Program, please email me on jbish163@eq.edu.au

Thanks for staying tuned in to Study Samurai Tips.

Warm Regards

Justine Bishop

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