

# Southern Highlands

## HSC Intensive Study Camp

### Vision and Values

We are very proud to introduce the inaugural Southern Highlands HSC Intensive Camp, a unique program which offers expert academic support and solidarity, mentoring and guidance to Year 12 students during the winter break, with lots of opportunities to collaborate and socialise with their peers.

This structured yet supportive five day experience was borne of our desire to provide our students with a program that is completely personalised, empowering students to determine their academic priorities and to design a flexible timetable that meets their unique needs and priorities. To the best of our knowledge, this level of personalisation is unique to our camp.

Trial HSC Examination preparation can be a lonely experience for students. Our camp aims to foster a sense of 'being in it together' amongst students, through shared experiences and both structured and informal opportunities for students to collaborate with their peers.

Each day offers three elective workshops which are presented by experienced educators, successful past HSC students, Senior HSC Markers and other experts from across New South Wales. Students will be able to choose from a range of study skills, academic and wellbeing electives each morning, with afternoons dedicated to examination practice and/or independent academic work.

The intensity of this camp is purposeful; motivating students to achieve their personal best. However, our main goal is to create a warm, supportive and optimistic space in which our students can move beyond self-limiting beliefs to access renewed confidence and unlock untapped potential.

To that end, we have scheduled regular breaks and offer individual support, with all snacks and meals – sourced from local Highlands' providers – included. Most dietary needs and preferences can be accommodated.

Don't miss the opportunity to participate in this transformative experience!

[www.trybooking.com/CIKTY](http://www.trybooking.com/CIKTY)



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### A Typical Day

Students arrive from 8.00am and share a cuppa, pastry and fruit in our Homeroom, before sessions for the day commence at 8.30am. Each morning consists of three elective workshops focusing on either academic skills, study skills and wellbeing. These will be presented by experienced educators and other experts in their field. Each student will participate in three sessions of their choice each day.

Afternoons are dedicated to supervised and supported examination practice and/or independent revision. The total number and range of electives offered will depend on final student numbers and an assessment of student profiles. Below are some indicative sessions.

### Study Skills

- Essay skills refresher
- Advanced essay skills
- NESA directive verbs
- Mastering multiple choice
- Summarisation and memorisation
- Time management and strategy in examinations.

### Academic Skills

- 'What I Wish I Knew Before I Sat My Trials': workshop and Q & A session (State-ranked past HSC students)
- Scaling, the ATAR and Examination Protocol: Shane Chapman, NESA Strategy and Capacity (South Coast Region)
- Creative writing
- Tips and tricks for HSC English (HSC Senior Marker)
- Tips and tricks for HSC Mathematics (State-ranked past HSC student)

### Wellbeing

- Touch football
- Yoga
- Weights session
- Meditation
- Craft
- Obstacle course

For further information, please contact [studycamp@oxley.nsw.edu.au](mailto:studycamp@oxley.nsw.edu.au).

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### Sample Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 – 10am	Induction	Memorisation strategies for examinations	Time management skills in exams	Gym/weights session	Directive verbs in practice
BREAK	20 min break	20 min break	20 min break	20 min break	20 min break
10.30-11.30am	"What I Wish I Knew Before I Sat My Trials"	Positive visualisation and meditation session	Extended Response/Essay skills (refresher)	NESA workshop	Strategies for mastering multiple choice questions
BREAK	20 min break	20 min break	20 min break	20 min break	20 min break
12 – 1pm	Obstacle Course	1:1 meeting with Buddy	Yoga	Extended response/Essay skills (Advanced)	Tips and tricks for HSC Mathematics
LUNCH	Lunch 1-2pm	Lunch 1-2pm	Lunch 1-2pm	Lunch 1-2pm	Lunch 1-2pm
2 -5/6pm	Independent work towards goal (4 hours)	Timed exam (3.5 hours)	Timed exam "sprints" (4 hours)	Independent work towards goal (4 hours)	Reflection, plenary and celebration