

Year 7 Study Starter

CHECKLIST

CONFIDENCE-FOCUSED

YEAR 7 ISN'T JUST A NEW SCHOOL YEAR – IT'S A FRESH START. GET ORGANISED, STAY CONFIDENT, AND WATCH YOUR POTENTIAL UNFOLD.

GROWTH MINDSET

STRONG HABITS TODAY CREATE STRONGER CONFIDENCE TOMORROW. START YEAR 7 PREPARED, AND SUCCESS BECOMES THE ROUTINE.

YOUR CHILD'S COMPLETE READINESS GUIDE FOR STARTING HIGH SCHOOL WITH CONFIDENCE

ORGANISATION ESSENTIALS

- ☐ School diary or digital planner
- ☐ Lined notebooks for each subject
- ☐ Document folders for homework/assessments
- ☐ Pencil case with blue/black pens, ruler, highlighters
- ☐ Calculator (as recommended by school)
- ☐ Laptop/tablet fully set up with school logins
- ☐ A quiet study space at home

WEEKLY STUDY ROUTINE

- ☐ Set a regular weekly homework schedule
- ☐ Allocate time for each subject (30–45 mins blocks)
- ☐ Sunday evening plan: check timetable + prepare books
- ☐ Pack school bag the night before
- ☐ Review upcoming assessments weekly

HOMEWORK & STUDY HABITS

- ☐ Read instructions carefully before starting
- ☐ Break tasks into smaller steps
- ☐ Start assignments early
- ☐ Check completed work for accuracy
- ☐ Submit tasks through the correct school platform

ORGANISATION SKILLS

- ☐ Keep all subject work in labelled folders
- ☐ Colour-code subjects (optional but helpful)
- ☐ Update school diary daily
- ☐ Track due dates and revise regularly
- ☐ Keep digital files organised by subject & topic

ACADEMIC SUCCESS SKILLS

- ☐ Practice note-taking skills
- ☐ Learn how to summarise information
- ☐ Review class content after school
- ☐ Prepare early for quizzes and exams
- ☐ Ask questions in class or during tutoring sessions

WELLBEING & ADJUSTMENT

- ☐ Maintain consistent sleep routine
- ☐ Eat breakfast daily
- ☐ Keep hydration bottle at school
- ☐ Limit screen time before bed
- ☐ Talk openly about school pressures

PARENT SUPPORT CHECKLIST

- ☐ Review homework expectations with your child
- ☐ Check school diary weekly
- ☐ Set up a structured after-school routine
- ☐ Talk to teachers early if concerns arise
- ☐ Consider tutoring for clarity or confidence

NEEDING TUITION? WE'RE HERE TO HELP.

AUSTRALIAN DIRECT TUTORING

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START YEAR 7 STRONG — LET US HELP YOUR CHILD FEEL CONFIDENT, SUPPORTED, AND READY TO SUCCEED.