

Atomi resources for parents and carers

This page offers direct links to resources that parents and carers can use to support their child with effective preparation year round.

Free printable resources

These resources are accessible outside of an Atomi account.

- [Study Skills video playlist](#)
- [Yearly planner](#)
- [Weekly planner](#)
- [Pomodoro planner](#)
- [Atomi study planner](#)
- [Cornell notes template](#)
- [SMART Goals worksheet](#)

Study Skills course resources

Your child must be logged in to Atomi and have the Study Skills course to access these resources.

Goals & Mindsets	Study Techniques	Cognitive Verbs	Memory and Learning	Staying Productive & Looking after Yourself
<ul style="list-style-type: none"> • <u>Why Goals Matter</u> 6 min video • <u>How to Write Useful Goals</u> 7 min video • <u>SMART Goals</u> worksheet • <u>Growth Mindset</u> 7 min video • <u>Reviewing Goals for Direction</u> 6 min video • <u>Reviewing Your Goals</u> worksheet 	<ul style="list-style-type: none"> • <u>How to take Cornell Notes</u> 7 min video • <u>Cornell Notes</u> quiz • <u>Cornell Notes template</u> • <u>Understanding the Syllabus</u> 5 min video • <u>Using the Syllabus to Boost Learning</u> 5 min video • <u>Understanding the Syllabus</u> quiz • <u>Syllabus-based Cornell Notes</u> writing practice 	<ul style="list-style-type: none"> • <u>Overview of Cognitive Verbs</u> 7 min video • <u>Cognitive Verbs</u> worksheet • <u>Remembering & Understanding</u> 5 min video • <u>Applying</u> 3 min video • <u>Analysing</u> 5 min video • <u>Applying</u> quiz • <u>Analysing</u> quiz • <u>Evaluating & Creating</u> 6 min video • <u>Evaluating & Creating</u> quiz 	<ul style="list-style-type: none"> • <u>How our Memory Works</u> 5 mins • <u>How our Memory Works</u> quiz • <u>Boosting Memory Through Understanding</u> 5 mins • <u>Boosting Memory by Making Connections</u> 6 mins • <u>Using Retrieval to Boost Memory</u> 5 mins • <u>Using Retrieval to Boost Memory</u> quiz 	<ul style="list-style-type: none"> • <u>Why We Procrastinate</u> 6 min video • <u>Breaking Things Down</u> 3 min video • Revision Checklist (see <u>Breaking Things Down</u>) • <u>Strategies for Smashing Procrastination</u> 5 min video • <u>Pomodoro Planner or Time Boxing Daily Planner</u> • <u>Taking the Perfect Break</u> 5 min video • <u>Taking the Perfect Break</u> quiz • <u>The Importance of Sleep for Memory & Focus</u> 5 min video • <u>The Importance of Sleep for Memory & Focus</u> quiz