



MERIDIAN ONE COACHING PROGRAM

A proven approach to improving marks and making studying easier.

ABOUT MERIDIAN ONE

Background

Meridian One has been helping students for over 15 years. It was founded by Dan Dobos, based on his experience of going from Bs and Cs in high school to a final ATAR of 99.25 in Year 12 and top university results including the top mark in International Law.

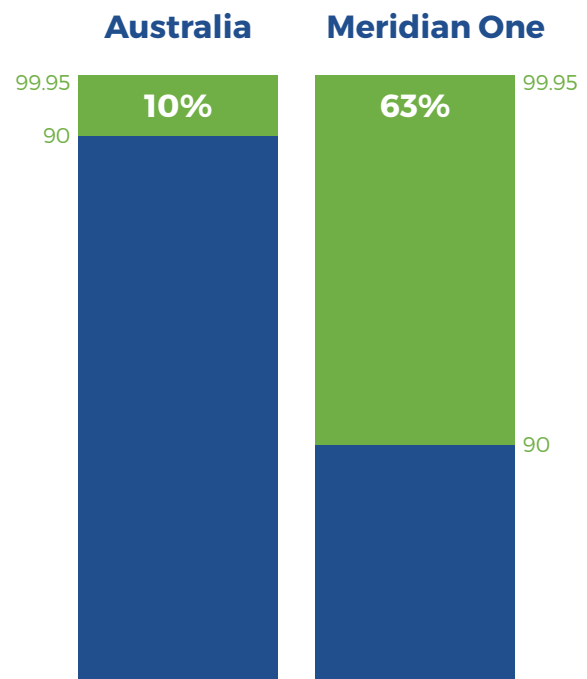
Purpose

To show students an easier way to study.

Track Record

We have had 63% of our students achieve an ATAR above 90.

The ATAR



Coaches

We are often asked about our coaches. We get a lot of applications and we are very selective about who we work with. We ensure that all of our coaches have the following attributes:

- ➔ **Academic results.** All coaches know their stuff.
- ➔ **Communication skills.** Sometimes we meet potential coaches with two PhDs but they can't communicate to save their life. They do not get hired.
- ➔ **Student Results.** They have worked with students and had positive results.

YOUR FREE COACHING SESSION

→ What do we cover?

The session has 3 parts:

1. Review your challenges so we understand your situation.
2. Provide you with actionable strategies which you can use straight away to make study easier and achieve better marks.
3. If we feel you are a good fit, we may offer you a coaching program.

→ How long does it go for?

40 - 55 minutes depending on how many questions you have.

→ Who should attend?

If you are a two parent household, the student and both parents need to be present.

→ How does the technology work?

We use zoom.us which is a bit like skype.

- ➔ If you are using a PC, simply click on the link. You will need a video camera.
- ➔ If you are using a tablet please install the app "zoom cloud meetings" from the App Store.



CASE STUDIES FROM **PAST STUDENTS**

Ben goes from super-busy with declining marks to getting organised and finishing Year 12 with a result of 93.10...



The Challenge

Ben was a really busy person. He played basketball four times a week. He was the School Captain. He also had a part-time job and a girlfriend. As he got busier and busier, his marks started to go downhill.



The Solution

We showed Ben how to improve his organisation skills. He created a timetable, started planning things on a daily basis and worked with his coach to create milestones so that things were not left to the last minute. He finished Year 12 with an ATAR of 93.10

Lucy figures out how to change low levels of motivation and high levels of stress to a final ATAR score of 94.4...



The Challenge

Lucy was unmotivated because she didn't know what she wanted to do at the end of Year 12. She didn't put much focus into her SACs. She sometimes felt that she had lost almost all of her drive and ambition. Her parents were pressuring her to do Law. She enjoyed legal studies but wasn't sure she wanted to be a lawyer or even go to university.



The Solution

Sometimes it's good to have a goal but in Lucy's case we customised our approach to her situation. The whole idea of choosing a course was causing a huge amount of stress for her. While career paths cannot be ignored, we found a more practical and immediate solution. Her coach found creative ways for her to focus on each SAC and think less about the big picture. Many students need a big picture goal, but in Lucy's situation her new focus was on the input, as opposed to the outcome. This made her life significantly less stressful. She finished Year 12 with an ATAR of 94.4. She then did a gap year and spent some time working and travelling to make sure that she selected the best career path.

CASE STUDIES FROM **PAST STUDENTS**

Utsav needed to get into medicine. Good marks were not enough. He needed 99.4.



The Challenge

Utsav came to us as a high-performing student who was generally getting A grades. However, doing well was not enough to get into Medicine. He needed to achieve a minimum ATAR of 99.4.



The Solution

Utsav implemented the memory strategies, the advanced note-taking methods and other advanced learning strategies. He ended up finishing Year 12 with a final ATAR of 99.6.

Clare was getting so stressed she was becoming ill. Something had to change...



The Challenge

Clare was in Year 11 and feeling overwhelmed by everything. She brought all her books home every night because she feared being disorganised. She sometimes became ill because she was so stressed out.



The Solution

Clare's coach showed her several different ways she could control her stress. Clare started to become good at prioritisation, and breaking big projects into small, achievable chunks of work. These strategies meant that Clare finished Year 11 without all the stress and anxiety, and her marks were straight A and A+ results.



Melbourne Office

03 9531 0531

vic@meridianone.com.au



Sydney Office

02 8294 7595

nsw@meridianone.com.au



Brisbane Office

07 3184 4317

qld@meridianone.com.au



Perth Office

08 6244 5999

wa@meridianone.com.au



Adelaide Office

08 7228 0257

sa@meridianone.com.au



Canberra Office

02 6188 7040

act@meridianone.com.au