

## Stress Free Study Skills Workshop

### Overview

*Building confidence, boosting results!*

**Stress Free Study Skills is the perfect introduction to the techniques, habits and attitudes required for exam success.**

It is an entertaining, dynamic and inspirational event that equips students with a range of study tools and techniques they can use immediately in the classroom and at home.

The workshop is also a high-impact experience that significantly boosts self-confidence and raises aspirations, and is an essential element in ongoing accelerated learning and development.

### Key Topics

- How the brain works
- The benefits of positive thinking
- Mind-mapping
- The Story Technique (vhf & picture)
- Multi-sensory Learning
- The Memory Stack
- Regular Review Schedule
- Summary Poster

### Delivery Options

#### FACE TO FACE or VIRTUAL

Year groups: 9 - 11

Duration: 2 x 2hrs, 3 x 80 minutes or 4 x 1 hr

Audience: Up to 150 students per workshop

#### ONLINE COMING SOON

Year groups: 9 - 11

Duration: 8 Modules of approx 15 minutes each with recap tests

Audience: nominated student group(s) plus FREE access for teachers and parents

#### This workshop supports:

Ofsted Education Inspection Framework

- 3I's • Behaviours and Attitude
- Personal Development

### Learning Outcomes

At the end of this workshop students will be able to:

- Take control of their learning
- Use a wide range of study tools & techniques
- Understand how their brain works and the benefits of positive thinking
- Implement a regular review schedule
- Use the 'Summary Poster' note-taking technique
- Adopt a positive approach to learning and revising
- Manage stress levels by adopting a 'little and often' approach
- Understand multi-sensory learning

*"We are what we repeatedly do. Excellence then is not an act, but a habit" Aristotle*

Our workshops are fast, fun and interactive. If you believe that mindset and preparation are the key to success then call us now on 01778 349613, email us at [info@resilientme.co.uk](mailto:info@resilientme.co.uk) or simply click on the link below...

[www.resilientme.co.uk](http://www.resilientme.co.uk)