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 acclerated learning and development.

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

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

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 or simply click on the link below...

www.resilientme.co.uk

resilientme
STRENGTH THROUGH UNDERSTANDING