

# Smash It in Further Education! Workshop

## Overview

Moving up to college is an important milestone in a young person's life - transitioning from childhood to adulthood and taking control of the direction their life will move in. It's a big moment and the 'Smash It in Further Education!' workshop is the perfect way to launch this exciting new phase of life.

This is a highly interactive workshop that introduces students to the core skills needed to cope with the increased demands of Post-16 education whilst building their resilience, motivation and life skills.

Students are introduced to the more advanced skills needed for Post-16 education, such as time management and problem solving. The workshop also shows them how to engage in independent research, and is full of practical advice, tools and techniques.

Smash It in Further Education! is ideal for students who are transitioning into college, but is equally powerful for building skills and boosting confidence at any stage throughout the Post-16 journey.

A whole package for success in Further Education!

## Key Topics

- Top Ten skills for success in Further Education
- Revision and research tools to support independent learning
- Organisational skills
- The importance of goals
- Problem solving and time management
- Managing Stress and Anxiety
- Top Tips for success

## Delivery Options

### FACE TO FACE

Year groups: All

Duration: 2 x 2hrs, 3 x 80 mins. or 4 x 1 hour

Audience: Up to 150 students per workshop

### ONLINE COMING SOON

Duration: 11 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

Gatsby Benchmarks 3 & 5

## Learning Outcomes

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

- Identify their motivation for wanting to do well in Post-16 education
- Develop an open, questioning mind
- Develop analytical thinking and problem solving skills
- Understand the importance of, and develop the skills for, independent research
- Plan their route to success
- Understand and utilise good study habits and time management
- Use a range of stress and anxiety management techniques

***"All you ever have to be is the best version of you"*** Rachel Munns

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)



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STRENGTH THROUGH UNDERSTANDING