



RESILIENT ME FACTSHEET

Prepare to Pass Workshop - Further Education

Overview

In the words of Benjamin Franklin: “Failing to prepare is preparing to fail”. Worry not though! ‘Prepare to Pass’ is the perfect preparation for GCSE, BTEC and A level exams.

It looks at the key areas of self-belief, organisation, reviewing and stress management all wrapped up in a powerful workshop, complete with a revision toolkit that’s second to none and flexible enough to suit everyone!

Students begin by looking at self-belief and examining their own reasons for wanting success in their exams. This is followed by a comprehensive set of world-class revision techniques – a toolkit, if you like, that guarantees to offer something to suit everyone. Organisation, including the study / life balance and pacing is next with a rigorous look at how to maximise the impact of every revision session to boost exam results. The workshop ends by building confidence through a range of stress-management techniques. This workshop represents an essential component in any student’s accelerated learning and development.

Key Topics

- Building self-belief
- Learning a range of revision tools and techniques
- Organisation of self, environment and workload
- The ‘little and often’ approach
- Building confidence through stress management techniques

Delivery Options

FACE TO FACE

Year groups: Post-16

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

Audience: Up to 150 students per workshop

ONLINE

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 the exams
- Identify their revision strengths and weaknesses
- Use a range of world-class revision techniques
- Organise their revision environment and timetable
- Understand the importance of a good study / life balance
- Implement regular review practice to maximise recall during exams
- Use a range of stress management techniques

“Failing to prepare is preparing to fail” Benjamin Franklin

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

