



## 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](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