

## Step Up to 6th Form

*“Life may determine who you are in the beginning; it’s you who determines who you are in the end”*

Rachel Munns

### Course Overview

Moving up to 6th form 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 ‘Step Up to 6th Form’ 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 KS5 whilst building their resilience and motivation. It shows students how to engage in independent research and self-study and is full of practical advice and simple tools and techniques; ideal for students embarking on the Year 12 curriculum or for Year 13 students requiring a boost to their learning or self-confidence.

A whole package for success in 6th form.

### Learning outcomes

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

- Identify their motivation for wanting to do well in 6th form
- Develop an open, questioning mind
- Develop analytical thinking skills
- Understand the importance of, and develop the skills for, independent research
- Develop a positive mental attitude
- Use a range of stress management techniques

### Key topics

- Building self-belief and motivation
- Learning a range of revision tools to support independent learning
- Organisation of self, environment and workload
- The importance of goals
- Building confidence through stress management techniques

**Our workshops are fast, fun and interactive. If you believe that mindset and preparation are the key to success then call us now on 07933 260874, 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)

### Benefits

- Students will leave this workshop believing in their own abilities, identifying their own motivation and aspiring to succeed
- They will learn and practice a range of analytical and independent learning tools and techniques
- Students will understand the importance of goal setting and personal accountability
- Sixth Form can be fun but it can also be highly pressured - students will learn some stress management techniques to help them maintain positive mental health

**We have 10 years’ experience of successfully supporting students through this tricky time. Don’t just take our word for it though – we’ve worked with hundreds of schools, hundreds of thousands of students and have simply fabulous feedback to show for it.**

*“Rachel has visited us on several occasions, and each time she’s motivated and inspired the students more than you’d imagine possible. The range of techniques she shares with them is fantastic, and the impact on their general approach is palpable. I’ve never known the students talk about an outside speaker / course provider so much and in such glowing terms. Get Rachel in to your school!!!”*

*“Absolutely brilliant! Very useful information and presented in an engaging and interactive way. I was very impressed with the resources and the amount of quick and practical tips for the students to be able to use instantly. It was very well organised and very useful for the students who were engaged throughout the whole session. All the students I have spoken to since found it useful”*