

Prepare to Pass - perfect preparation, radiant results!

In the words of Benjamin Franklin: "Failing to prepare is preparing to fail".

Worry not though! 'Prepare to Pass' is the perfect preparation for mock, GCSE 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.

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

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

Our workshops are fast, fun and interactive. If you believe that preparation is the key to success then call us on 01572 820258, email us at info@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 world class revision tools and techniques designed to boost memory and organisational skills
- Students will understand the importance of 'little and often' and learn how to implement an ongoing review strategy
- The period leading up to exams is pressured and stress can negatively impact on final results – 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 revision and general approach to exams 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!!!"

"My son was very impressed with your session at school today and has spent the evening tidying his room, organising his files and talking about revision - thank you!"