

# Stress-Free Study - building confidence, boosting results!

*“We are what we repeatedly do. Excellence then is not an act, but a habit” Aristotle*

Stress-free Study is the perfect introduction to the techniques, habits and attitudes required for exam success. It is an entertaining, dynamic and inspirational event that equips students with a range of study tools and techniques they can use immediately in the classroom and at home. It is a high-impact experience that significantly boosts self-confidence and raises aspirations.

## Learning outcomes

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

- Take control of their learning
- Use a wide range of study tools & techniques
- Understand how their brain works and the benefits of positive thinking
- Implement a regular review schedule
- Use the ‘Summary Poster’ note-taking technique
- Adopt a positive approach to learning and revising
- Manage stress levels by adopting a ‘little and often’ approach
- Understand multi-sensory learning

## Key topics

- How the brain works
- The benefits of positive thinking
- Mind-mapping
- The Story Technique (vhf & picture)
- Multi-sensory Learning
- The Memory Stack
- Regular Review Schedule
- Summary Poster

## Benefits

- Students will leave this workshop with a desire to succeed and with confidence in their own abilities
- Students learn a range of study tools and techniques both for recall and for effective note-taking
- Stimulates a positive attitude to studying and revision and enables students to take control of their learning
- Manages stress levels by teaching the ‘little and often’ approach with the implementation of a regular review schedule

**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.**

*“Our students engaged and responded well. They enjoyed the course and were positive with their feedback. The workshop was very well delivered and value for money with time given to students and parents. Overall excellent.”*

*“Rachel from Resilient Me gave the boys a day to remember. The sessions are long but incredibly varied and 100% worthwhile. Some of our boys find it a challenge to occupy the same space for a considerable length of time, but such was the nature of Rachel’s workshop, that wasn’t a problem at all. The boys – and staff- went away inspired and full of ideas. We hope Rachel will be able to return very soon!”*

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](mailto:info@resilientme.co.uk) or visit our website.