



HOLIDAY WORKSHOP:

Study skills and good exam habits

Foundations for Life invites parents of Grade 4-12 learners to book them into this workshop that focuses on teaching skills to understand learning to develop sound study techniques and good exam habits. We also focus on the emotional side of the exam process where we teach self-regulation and self-management skills to address exam stress and anxiety.

Facilitator: Melanie Godfrey

Overview:

- Organising and planning / Goal setting
- Effective studying: Work smart!
- Monitoring your own learning
- How to write a good exam paper
- Developing good study habits
- Coping with stress and anxiety

To book or receive a full curriculum overview kindly email info@foundationsforlife.co.za or call us on 021-7618144



WORKSHOP TIMES:

9.30 - 11.30

Grades 4 & 5 - 10 July 2018

Grades 6 & 7 - 11 July 2018

Grades 8 to 11 - 16 July 2018

9.30 - 12.00

Matric - 12 July 2018

PLACE:

Foundations for Life

COST:

R300 per learner

Includes Study Skills Manual

