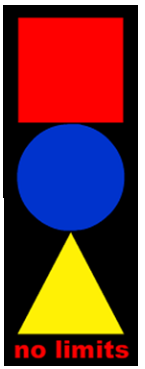


independent you



workshop outline

This workshop for post 16 pupils is an interactive session exploring **independent learning** and study skills to enable post 16 pupils to get the most out of their further studies.

- **independent learning techniques:** tips and techniques to help pupils learn independently.
- **speed reading:** an invaluable study tool to help make the most of every second of study time available.
- **equipping the brain:** enabling pupils to understand how their brains work and how to get the most from them.
- **link-mapping:** a full breakdown of how to take notes that are easy to access and encourage successful recall, with subject-specific examples.
- **relaxation:** a vital life skill to enable pupils to maximise their learning potential.
- **goal-setting:** an engaging activity enabling students to create a positive future focus.
- **why study?** a look at intrinsic and extrinsic motivation.

who for?	Year 12 - 13
how long?	2 x 2-hour workshops per day
how many?	Up to 50 pupils per workshop
how much?	£8.75 + vat per student
what next?	Call 0115 8752508 or email jane@nolimitseducation.co.uk

