



Academic Optimisation Series for Grade 8 and 9 learners

When:

The sessions below will take place from **14h30 to 15h30** in the afternoons.

- Session 1: Monday 28 August
- Session 2: Monday 4 September
- Session 3: Monday 11 September
- Session 4: Monday 18 September
- Session 5: Monday 25 September
- Individual sessions: During school time, as arranged with participants

Topics:

- Effective time management as a learner
- Goal setting
- The brain and learning
- Active learning techniques
- Study style, Memory Techniques, Summary Techniques
- Optimisation of concentration in class
- How to regulate the home or hostel environment for optimal academic success.
- Navigating assessments (tests and exams)
- Motivation
- Academic stress management

Presenter:

Lelani Cloete – Educational Psychologist in private practice on the school's premises
More information: www.lelanicloete.com

Cost:

R1500 for five group sessions and one individual session. The cost can be claimed from the medical aid, should your medical aid option cover psychological services.

Venue:

LPR-building on the PRG premises.

Registration: <https://forms.gle/yJLrBXjXwekueYtK7>

Language:

The sessions will be presented in a bilingual format.
Notes will be given in the learners' language of preference.

