

High School Head Start

Unlocking Your Learning Potential

Grade 8 Learners from Any School May Enroll

The workshop will be presented in a bilingual format.

Notes will be given in the learners' language of preference.

Limited spaces available

When	Saturday 3 February 2024
Time	08:30 – 14:00
Where	Paul Roos Gymnasium, LPR Building
Cost	R950 (includes workshop hours, manual and resources)
Bank details	Bank: Capitec Account name: Lelani Cloete Account Type: Savings Account Account number: 2215897496 Branch Code: 470010
Registration link	https://forms.gle/yJLrBXjXwekueYtK7 Proof of payment (sent via email to cloete.barnes@gmail.com) secures a spot in the group

Topics:

- Effective time management
- Academic Goal setting
- Brain-based learning
- Active learning techniques
- Study style, Memory Techniques, Summary Techniques
- Optimisation of concentration in class
- how to regulate the home/hostel environment for optimal academic functioning.
- Navigating assessments (tests/exams)
- Motivation
- Academic stress management

Presenters:

- Lelani Cloete: Educational Psychologist (www.lelanicloete.com)
- Monique Barnes: Counselling Psychologist (www.moniquebarnes.co.za)