

Academic Optimisation Workshop

Due to high demand, the workshop will be offered again for learners in Grades 8 - 10.

The workshop will be presented in a bilingual format.

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

Limited spaces available

When	Saturday 2 March 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)

Akademiese Optimering Werkswinkel

Weens hoë aanvraag word die werkswinkel herhaal vir
leerders in graad 8 - 10.

Die sessies sal in 'n tweetalige formaat aangebied word.

Notas sal in die leerders se voorkeurtaal verskaf word.

Beperkte spasies beskikbaar vir die werkswinkel

Wanneer	Saterdag, 2 Maart 2024
Tyd	08:30 – 14:00
Waar	Paul Roos Gimnasium, LPR Gebou
Koste	R950 (Sluit werkswinkel ure, handleiding en hulpbronne in)
Bank besonderhede	Bank: Capitec Rekeningnaam: Lelani Cloete Rekeningtipe: Spaarrekening Rekeningnommer: 2215897496 Takkode: 470010
Registrasie skakel	https://forms.gle/yJLrBXjXwekueYtK7 Bewys van betaling kan via e-pos gerig word aan cloete.barnes@gmail.com) om 'n plek in die groep te verseker.

Onderwerpe:

- Effektiewe tydsbestuur
- Doelwitstelling
- Die brein en leer
- Aktiewe leertegnieke
- Studiestyl, Geheuetegnieke, Opsommingstegnieke
- Optimering van konsentrasie in die klas
- Hoe om die huis- of koshuisomgewing te reguleer vir optimale akademiese sukses.
- Navigering van assesserings (toetse en eksamens)
- Motivering
- Akademiese stresshantering

Aanbieders:

- Monique Barnes: Voorligting Sielkundige (www.moniquebarnes.co.za)
- Lelani Cloete: Opvoedkundige Sielkundige (www.lelanicloete.com)