

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 25 January 2025
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)

Hoërskool Voorsprong

Ontsluit jou leerpotensiaal

Graad 8-leerders van enige skool mag inskryf

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, 25 Januarie 2025
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.
- Hantering van assesserings (toetse en eksamens)
- Motivering
- Akademiese streshantering

Aanbieders:

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

More about the presenters

Monique, a Counselling Psychologist, and Lelani, an Educational Psychologist, bring extensive expertise to supporting learners. With years of experience, they are dedicated to equipping learners with the skills needed to function optimally academically and maintain emotional well-being.

Monique, the school psychologist at Paul Roos Gymnasium, also manages a private practice where she offers a wide range of services. These include individual and group therapy, scholastic and school readiness assessments, academic concessions assessments, subject choice and career counselling, social skills training, and parental guidance. Her holistic and practical approach enables learners to overcome challenges and achieve their full potential.

Lelani operates a private practice with offices in Herold Street and at Paul Roos Gymnasium. Her expertise includes therapy (high school learners and students), psycho-educational assessments for academic support and/or concessions (children older than grade 3 and students), career and subject choice assessments. Lelani enjoys helping learners transition into high school, develop effective study techniques and build self-confidence.

Monique Barnes



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