

S4 Laugh in the Face of Exams

This motivational workshop aims to equip young people with the tools to tackle their exams with confidence, self-belief and enthusiasm. Furthermore, the workshops follow on from the pupils' prelim experiences in order to boost their aspirations and studying skills approaching the final exams.

Learning Outcomes:

- Learn strategies to manage stress.
- Learn about the two sides of the brain in relation to your habits and learning in school.
- Discover the benefits of Mindfulness.
- Using imagination and creativity.
- Develop personal metacognition strategies for studying.

S4 class lists/schedule for this event can be found the yellow social area.

S5 Reach for the Power

This workshop will challenge pupils to think differently in order to see their opportunities and more importantly take them! We have a bad habit of staying in our comfort zones or copying what our friends do in school because it is safe. This course questions this habit; opening pupils' eyes to aspire to a career they love once they leave school.

Learning Outcomes:

- Motivation for studying for exams.
- Develop personal metacognition strategies for studying.
- Goal setting.
- Body language and positivity.
- Make pupils more aware of how they view the world.

S5 Tuesday 27th of Feb

P1-3: 5A, 5K1 & 5K2

P5-7: 5C, 5M & 5N

S6 Intriguing Futures

As pupils approach the end of their school career, their future lies right in front of them. The question is do they have the confidence and the work ethic to go for it? By drawing on the work of Simon Sinek, pupils will be actively motivated to embrace and overcome personal challenges which in turn will hold the potential to unlock their confidence in their abilities in order to relish their responsibilities. This course is guaranteed to leave pupils feeling empowered to lead themselves into positive post school destinations!

Learning Outcomes:

- Motivation for studying for exams.
- Develop personal metacognition strategies for studying.
- Goal setting.
- Body language and positivity.
- Make pupils more aware of how they view the world.

S6 Thursday 1st of March

P1-3: 6A, 6C & 6K

P5-7: 6M1, 6M2 & 6N.