

# YOUR SCORE

## WORKSHOP OVERVIEW

RECOMMENDED for YEAR 12 STUDENTS

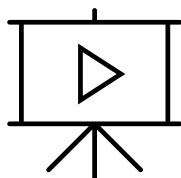
ACADEMIC PRESSURE is a seminar that develops strategies to manage stress and anxiety, balance academic success with personal well-being, and avoid academic burnout. Additionally, teaching about academic pressure can help high school students understand the importance of self-care, mental health, and balance in their lives. Furthermore, teaching about academic pressure can also help high school students develop a growth mindset, where they understand that failure is a natural part of learning and that they can always improve and grow. This can promote resilience and perseverance in the face of academic challenges and encourage students to approach their studies with a positive attitude and a willingness to learn.

### SEMINAR AIMS:

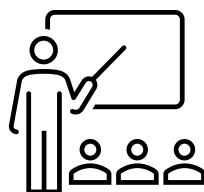
1. To help students understand the importance of academic success for their future, and to motivate them to achieve their academic goals.
2. To teach students effective study habits and time management skills, such as creating a study schedule, setting goals, and prioritizing tasks.
3. To promote a growth mindset, where students understand that failure is a natural part of learning and that they can always improve and grow.
4. To teach students about the importance of active learning and engagement, and encourage them to participate in class discussions and activities.
5. To encourage students to develop their critical thinking and problem-solving skills, and to teach them how to approach academic challenges with confidence.



Includes activities



Uses multimedia



Educational

## SECONDARY SCHOOL SEMINAR DETAILS

Seminars may include a single or mixed year level,

Maximum number of students per seminar is 100 students

We require a data projector to plug into

Costs are calculated on several variables including location

The duration of seminars are 45 to 90 minutes

Cancellations: Less than 21 days receive no refund

All presenters have a WWCC and we have OH&S policies