

ACADEMIC PRESSURE

WORKSHOP OVERVIEW

RECOMMENDED for YEAR 5 TO 6 STUDENTS

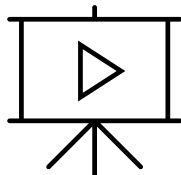
ACADEMIC PRESSURE is a seminar that teaches children about academic pressure, they can develop a healthy attitude towards learning and develop strategies to manage academic stress and anxiety as they progress through their education. Additionally, early education on academic pressure can help children understand the expectations and standards they will face as they progress through school, and encourage them to develop good study habits and work ethic from an early age. This can also promote a growth mindset, where children understand that failure is a natural part of learning and that they can always improve and grow. The seminar aims to encourage children to prioritise their physical and mental health, and understand that taking care of themselves is just as important as academic success.

SEMINAR AIMS:

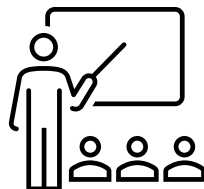
1. To help children develop a positive attitude towards learning, and understand the importance of academic success for their future.
2. To teach children good study habits and time management skills, such as creating a study schedule, setting goals, and prioritizing tasks.
3. To promote a growth mindset, where children understand that failure is a natural part of learning and that they can always improve and grow.
4. To teach children about the importance of active learning and engagement, and encourage them to participate in class discussions and activities.
5. To encourage children 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

PRIMARY 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 or TV to plug into

Costs are calculated on several variables including location and number of seminars

The duration of seminars are:
* 60 to 90minutes (for grades 4 to 6)

Cancellations: Less than 21 days receive no refund

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